REAL SIMPLE

LIFE MADE EASIER

THE FOOD + FUN ISSUE

Serve Up Summer!

NEW BBQ SIDES / COOL DESSERTS / EASY SEASONAL DINNERS



Plus!
Is Less Yard Work Better for Your Lawn?

JULY/AUGUST 2022

Miele

Express yourself in Miele.

The new Miele kitchen appliances are the perfect match for your every need – with intuitive technology designed around you. That’s quality ahead of its time.

Miele. Immer Besser.

Discover more design lines and appliances on mieleusa.com





Everything flows from start to finish with Miele, giving you the opportunity to be more creative with cooking than ever before.

Designed Around You

Revolutionize the kitchen your way with Generation 7000.

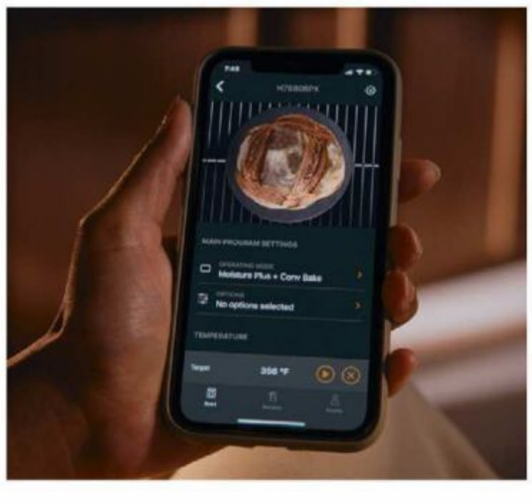
EXPRESS YOURSELF with award-winning Miele kitchen appliances, where form meets function. Choose from a variety of stylish design lines, sizes, and color variants to customize your space. This transformative new collection features enhanced connectivity and clear user interfaces for consistently outstanding results.

Intuitive, world-first innovations like an automatic oven door and motion-detecting technology help make time spent in the kitchen as seamless, effortless, and flawless as possible. You can even check on your food anytime, anywhere thanks to the internal camera and the Miele app.





Create a kitchen that reflects your style by choosing from Miele's four design lines and three color varieties.



Miele

VISIT MIELEUSA.COM TO LEARN MORE ABOUT GENERATION 7000.



Do Good Chicken.

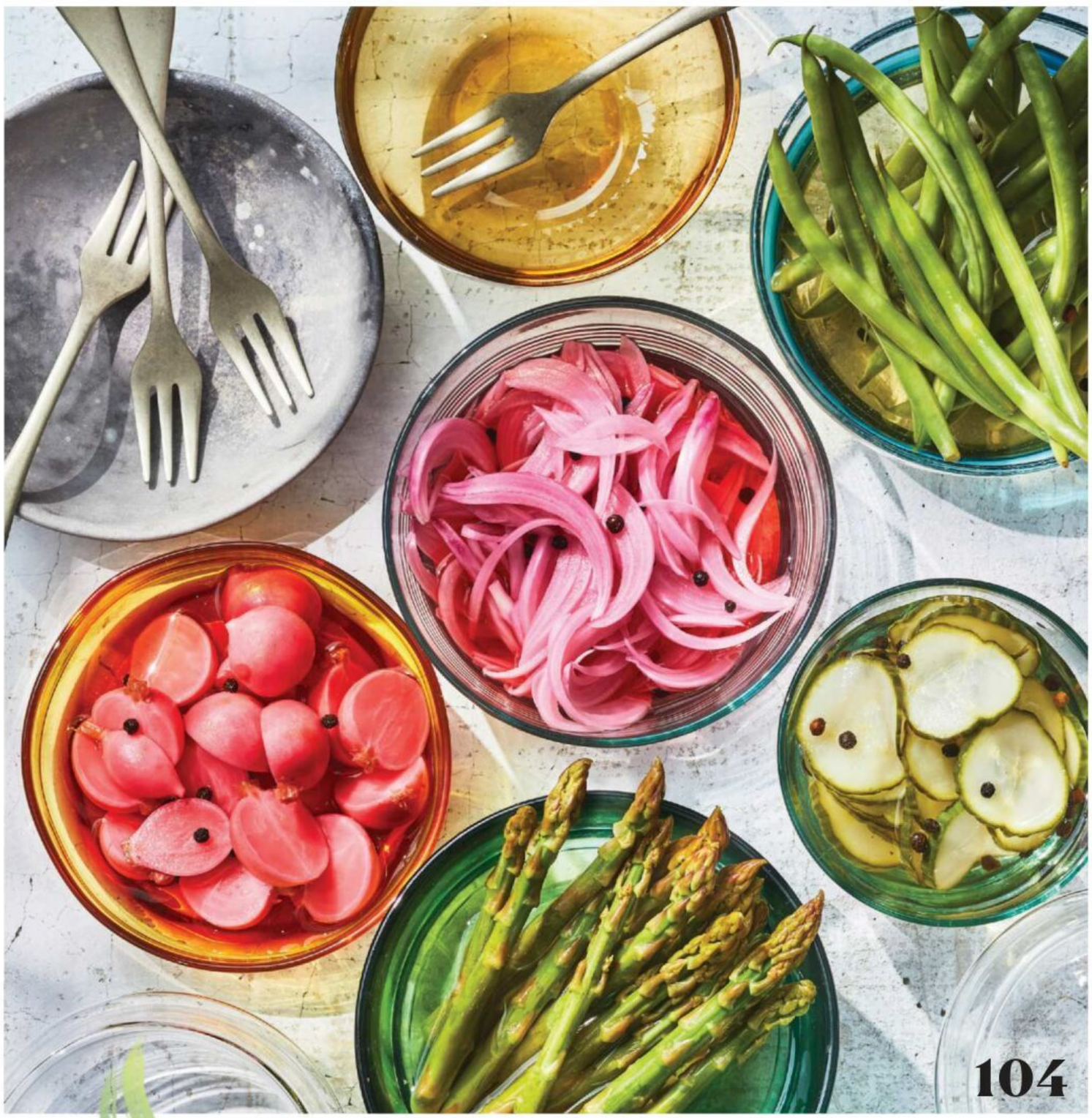
Who knew saving our planet would be so delicious?

Do Good. Pick the carbon-reduced real chicken on a mission to fight food waste and combat climate change from your kitchen. Find us in the poultry aisle and at **DoGoodChicken.com**.

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SERVE UP SUMMER!

JULY/AUGUST



ON THE COVER



104 **New BBQ Sides**

22, 70 **Cool Desserts**

120 **Easy Seasonal Dinners**

66 **Is Less Yard Work Better for Your Lawn?**

RECIPE Make round pavlovas like the one on the cover! Follow the recipe on page 22 through step 2, lining 2 baking sheets with parchment paper. Divide egg white mixture into 4 (8 in.) rounds, 2 per baking sheet. Bake until firm, about 1 hour, 5 minutes. Let cool and top as directed.





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YOUR HAPPY PLACE

Expert design tips turn your back-yard into a cozy, functional, and/or soulful space

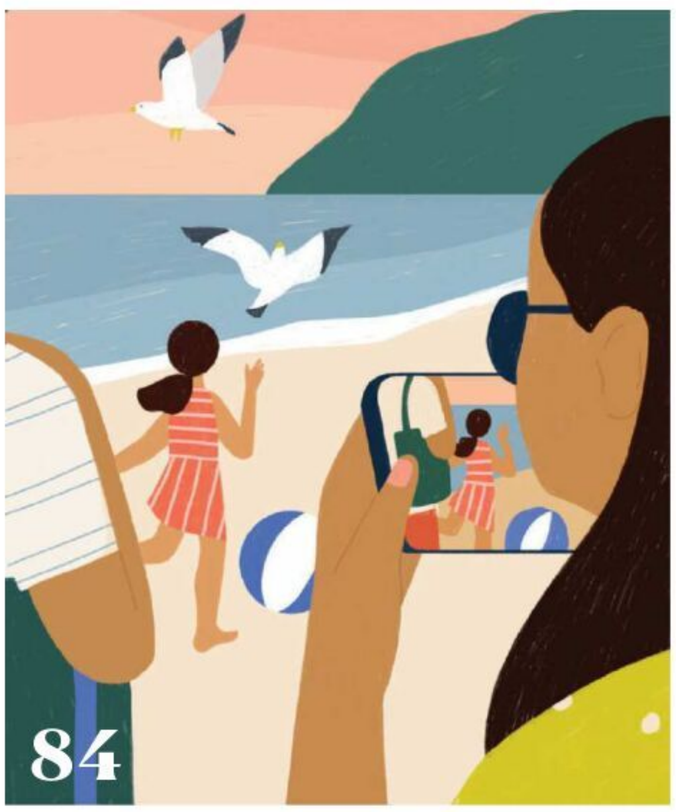
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What's in your wallet?

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EDITOR'S NOTE

It's Hot! Who's Hungry?



SPEED ROUND: What do you think of when you think of summer fun? Lazy pool days? Beach trips? State fairs and carnivals, rented cabins and road trips?

For me, it's all about the food. I'm from a big Italian American family, and my folks still live in the house I grew up in, on the New England coast. In the summer, my husband and I take the kids there every chance we get. It's not for the beaches, though we love the water. It's for the family...and the food.

In the heat of summer, grumpy New Englanders (not you, Mom!) are loath to turn the kitchen into the fifth circle of hell, so we cook outside (thus: clambakes and lobster boils and everything on the grill). The peak local produce helps too: ripe, juicy tomatoes demanding nothing more than a sprinkle of salt; Kirby cukes so sweet you eat them like apples; local corn...OK, the corn has to be cooked, but it's worth it. Once the spread is laid, we gather and graze, #grateful for the *abbondanza* and mutually adoring company. (Do we talk politics? No, we do not.) We start planning lunch when we're done with breakfast. During lunch, we figure out dinner. Throwing off our earthly cares for a few days and living from meal to meal is a real treat.

If you're like me, and summer equals great food, we've got you covered in this issue: new spins on sides to bring to the barbecue (page 104); a dessert that bakes at low heat so you don't have to turn up the AC (page 22); ice cream treats (page 70); easy seasonal dinners for when you *are* brave enough to use the stove (page 120); and a simple, brilliant trick for serving watermelon to a crowd (page 35).

We've got your sunburn-free back on the other kinds of summer fun too! We road-tested sunblocks (page 50), rounded up the best new beach reads (page 21), gathered great gear for fun in the sun (page 17), and picked the country's top beach trips (page 96)—one is in New England! We even offer coastal decor ideas (sans nautical clichés) in our peek at the 2022 REAL SIMPLE Home, in Florida's Rosemary Beach (page 60).

So in this sweltering season, let's chill, have some fun, have even more good food—and I'll see you when the humidity breaks.



Lauren Iannotti
EDITOR IN CHIEF

LET'S CONNECT!
Follow me on Instagram at **@laureniannotti.**

STYLING BY LIZZY ROSENBERG; HAIR BY CLAY NIELSEN USING LEONOR GREYL; MAKEUP BY DEBORAH ALTIZIO FOR CREATIVE MANAGEMENT USING GLOSSIER; MAKEUP ASSISTED BY ALYSSA ZABAWA

Photograph by Felix Wong



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REAL SIMPLE

What was your favorite childhood game?



"Sardines! It's like reverse hide-and-seek. Someone hides, and when another player finds them, they join them. Eventually there's one person left."



"*The Sims*. I got the original version, in 2000! (Still not sure how my mom was OK with that.) I'd spend *hours* decorating a single house. It predicted my career!"

Lauren Iannotti
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"Basketball!"

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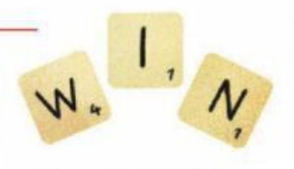
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"Scrabble with my mom! Beating her was like winning an Olympic gold medal."



"Yahtzee!"

Alysia Borsa
PRESIDENT, LIFESTYLE

Dotdash meredith

ILLUSTRATIONS BY CLARE OWEN

REAL MILK.
REAL DELICIOUS.



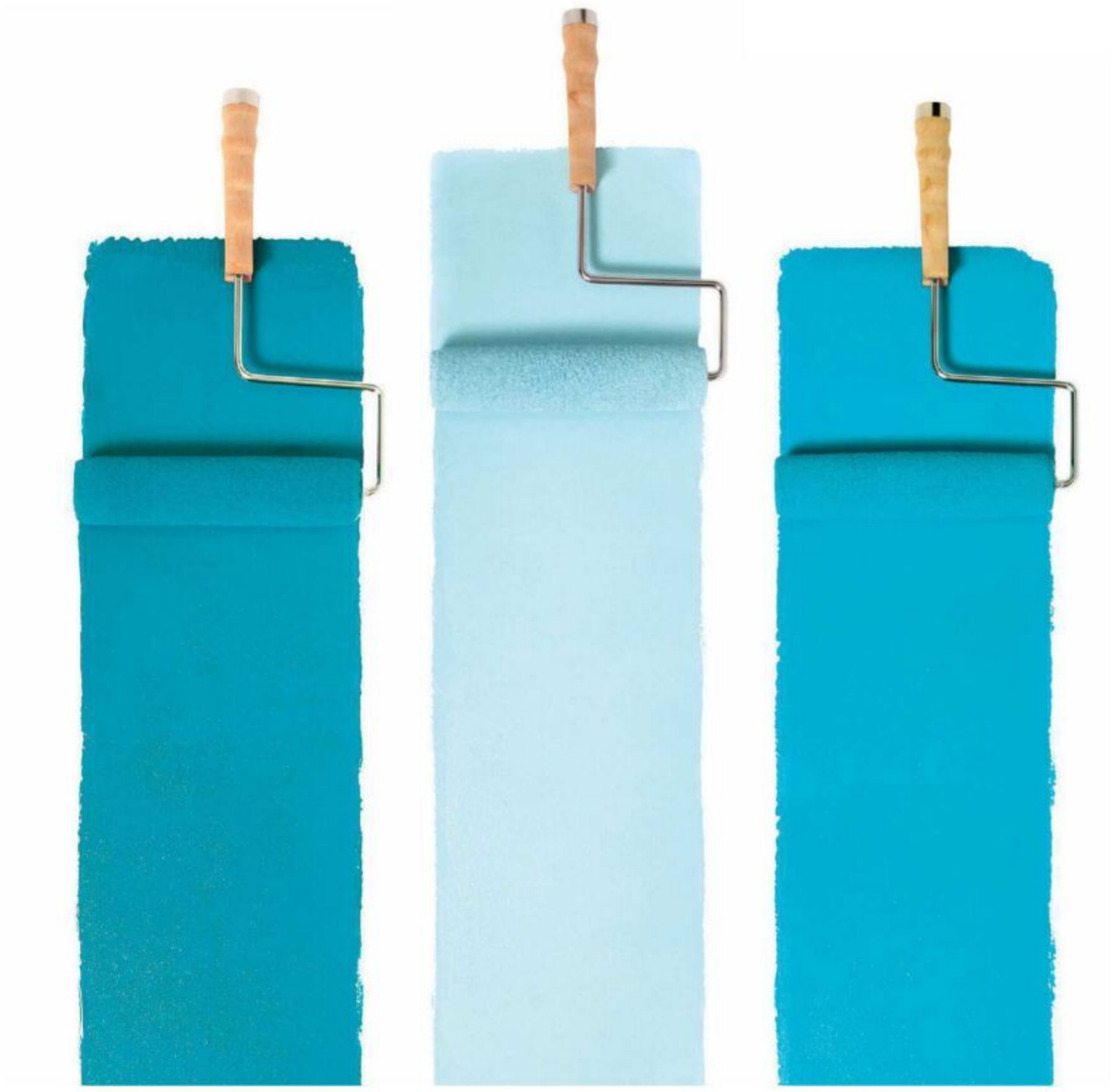
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Lactaid

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REAL SIMPLE Everywhere Find Exclusive Ideas, Tips, and Ways to Make Life Easier—Every Day





BEHIND THE SCENES

Katie James Watkinson

TRAVEL WRITER

@katiejameswatkinson

Bucket list trip:
India has been at the top of my travel list for years. I dream of a two-week journey from Delhi to Jaipur.

Happy place:
Anywhere with white sand and palm trees.

Dream day:
It starts with an early morning tee time with my husband, followed by an afternoon at the beach with a glass of rosé in hand.

Read Katie's roundup of the best beaches in the U.S. on page 96.

IN YOUR HOME

A Destination for DIYers

Transform your home with dozens of paint projects. Get detailed how-tos at realsimple.com/diyclub.

IN YOUR KITCHEN

Frosé, If We May

Still looking for your go-to summer sip? Get out the blender and frosé the day away! You'll find the seminal recipe at **realsimple.com/frose.** Whip some up and kick back for summer bliss.



ON THE WEB

How to Pack a Perfect Picnic

Go all in for alfresco dining with our smartest strategies for prepping a movable feast. Visit **realsimple.com/picnic.**



IN YOUR WALLET

A Blanket for a Bargain

REAL SIMPLE readers score an exclusive discount on the Rumpl x Poketo blanket on page 18. Get 15 percent off sitewide at poketo.com by using the code PoketoReal15 at checkout. Offer valid through 7/21/22.

CLOCKWISE FROM TOP LEFT: COURTESY OF LAURA GORDON PHOTOGRAPHY; BRIAN HENN; COURTESY OF MANUFACTURER; CAITLIN BENSEL

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YOUR WORDS

What's the Most Adventurous Thing You've Ever Done?

"I went to Iceland by myself and hitchhiked across the country on my 25th birthday. I didn't tell anyone at home till I got back!"

@AMELIA.AFOLAYAN

#RSLOVE

"A solo 4½-mile stand-up paddleboard trip on Lake Mead to Hoover Dam. Since then I've logged several solo paddles on big bodies of water, including a recent 6.7-mile loop."

@NEESYD2003



For sharing this photo with us, @neesyd2003 will receive our special edition, The Power of Sleep. If you want your picture to be considered, tag photos on Instagram with **#rslove.**

"New sports! Every decade, I go all in and learn a new sport. At age 30, it was running (I'm still at it); at age 40, golf (humbling!); at age 50, sculling (challenging!). With each sport, I've met new people and had tons of adventures. I still have time to decide what I'll take up at 60. I'm open to suggestions!"

MISSY ELLIOTT, CHATTANOOGA, TENNESSEE

"Traveling cross-country in a mini-van, just me with three little kids, sightseeing and tent camping along the way. Every summer for nine years."

@DONNANORUM

"As a kid, I got to float over the Roman countryside in the Goodyear Blimp! My dad was in aviation and had connections. We were the only passengers. The peaceful silence and view were absolutely astonishing."

TAINA LANCE, CARMEL, INDIANA

"I adopted a teen from foster care. I had lost a son to cancer and couldn't have another with my husband, but I still wanted to be a mom. After my divorce, I decided to go for it."

BRENDA RICHTER, RED LION, PENNSYLVANIA

"I hitchhiked from one side of Ohio to the other when I was 17. Do *not* tell my mom."

@PATRICIA_FARLEY

"Last summer, my daughter, sister, and I hiked up Mt. Whitney to honor my dad, who recently passed and had done the same hike years ago. It took 16 hours at high altitude. I never would have done that if it weren't for my love for my dad."

MARY TRAPP, VENTURA, CALIFORNIA

"I decided at the last minute to accompany my daughter to the Mt. Everest base camp. I had to get air tickets, get a medical checkup, pack! I had a day to buy stuff in Kathmandu, and we were off. Best thing I did at 55!"

@TOOBUSY2

"Skydiving, rappelling, scuba diving, zip-lining, riding an ATV in the sand dunes. But mostly raising kids!"

@MOMOHRI

COURTESY OF DENISE DAVIS

"I married my high school sweetheart in Johannesburg, South Africa, and moved to America. We won our green cards in a lottery, so we packed a few of our belongings and moved 32 years ago."

JACKY ROBERTSON, BLUFFTON, SOUTH CAROLINA

"After watching my husband and kids ski each winter, I finally decided to learn. I took three lessons, and we now ski as a family every year. I love it!"

@CAROLYN.GOVAN

"I went to Europe to walk the Camino de Santiago with an acquaintance and a total stranger. It was amazing! Being with people I didn't know well made the experience even better."

MARY FRAGAPANE, BRADENTON, FLORIDA

"I flew to Ireland while 10 weeks pregnant to hear Van Morrison sing in Belfast."

ANDI ALBRIGHT, SPRINGBORO, OHIO

"I signed up to do a triathlon without knowing how to swim or owning a bike. I took swimming lessons, bought a bike, and trained. A few months later, I was running across the finish line in the New York City Triathlon!"

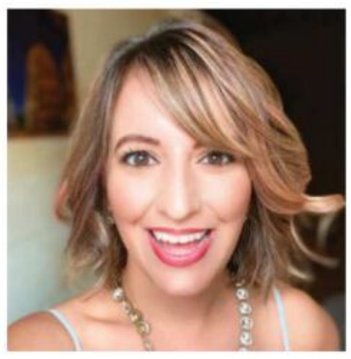
LISA SWAN, STATEN ISLAND, NEW YORK

"Hike the Appalachian Trail solo. I thought it was crazy at first, but the idea grew on me. I ended up hiking more than 2,000 miles, from Georgia to Maine. Bonus: I met my husband on the trail! Best decision of my life."

KÄREN FULTON, BIRMINGHAM, ALABAMA

"In 2017, my husband and I both quit our jobs, sold our home, and traveled in our 24-foot RV around the U.S. for a year. We visited 39 national parks, hiked 14 miles a day at our peak, saw amazing vistas, and met wonderful people. Carpe diem!"

LAURIE CLAEYS, NEWTON, NEW JERSEY



HEADSHOT COURTESY OF ABBY CANTRELL

READER OF THE MONTH

Abby Cantrell, 37

ARTIST AND FLIGHT ATTENDANT
NEW ORLEANS

What's the most adventurous thing you've ever done?
Slide down a waterfall in Thailand. My cousin had to cut a path through the jungle for us to get there.

What's always in your bag?
My passport, dry shampoo, and a pen. You never know where a random Tuesday will take you!

What's always in your car?
Shoes! When you live in New Orleans, you have to stay open to possibilities. You might run into a second-line parade or random festival to enjoy. I'll never let my shoe choice get in the way of an adventure!

What's on your bucket list?
The top three would be to meet a wallaby, see the Northern Lights, and swim with whale sharks.

What's your favorite tradition?
Celebrating my birthday with my twin sister! We decided to always spend it together. It's on Cinco de Mayo, so we usually celebrate that and enjoy Jazz Fest that weekend. It's my favorite time of the year!

NEXT QUESTION!

What fear have you conquered?

Send an email to **yourwords@realsimple.com** and let us know your answer. Your response could appear on these pages.

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DELIGHTS

WE'RE LOVING

Sunny Stuff

Set yourself up with some seriously colorful beach gear and, among other benefits, you'll have no trouble spotting it from the surf!

BY CAT DASH

A LEWK THAT POPS

Pair these cute, slip-resistant sandals (available in 11 colors) with an aqua Turkish towel that dries in a flash.

TO BUY: Birkenstock Arizona Essentials, $50; zappos.com. Yumi Weave Towel, $38; shop-tamam.com.

PROP STYLING BY MARINA BEVILAQUA

Photograph by Ted + Chelsea Cavanaugh



1

Snag a bag at 15 percent off with the code REALS15.



2

3

4



5

Corner loops let you stake it to the ground.



6



7



8

1 TOTES ADORABLE
We collabed with State Bags to create your new go-to beach tote. Thanks to its water resistance, beach essentials will stay bone-dry. **TO BUY:** STATE x REAL SIMPLE Wellington Cabana Tote, $155; statebags.com.

2 A COOL DRINK
Elevate beach picnics with sturdy but stylish acrylic tumblers that could pass for Murano glass. **TO BUY:** Animal Print Stemless Wine Glasses, $59 for 4; markandgraham.com.

3 MADE IN THE SHADE
This umbrella's checkered fabric has a UPF (like SPF for textiles) rating of 50 for extra sun protection. **TO BUY:** Beach Umbrella, $259; sundaysupply.co.

4 SEA SMARTS
Quiz your fam about seaside trivia (think: fun marine life stats) as they bask in the sun. **TO BUY:** Games Room Beach Trivia, $12; chroniclebooks.com.

5 GOOD SHAPES
A packable, puffy throw is a must for staying warm around the bonfire. **TO BUY:** Rumpl x Poketo Sun Waves Blanket, $129; poketo.com.

6 HOT SEAT
Anyone nostalgic for summers past will vibe with this old-school patio chair. **TO BUY:** Retro Lawn Chair, $55; funboy.com.

7 ECO EATS
Serve up lunch on pretty, graphic plates that look, feel, wear, and wash like plastic but are made of sustainable bamboo. **TO BUY:** Bamboo Plates, $48 for 4; poketo.com.

8 CHILL ZONE
With its '80s motif and built-in headrest, this inflatable pool float will help you drift off. **TO BUY:** The Tulum Daybed Lounger, $55; minnidip.com.

BAG: TED + CHELSEA CAVANAUGH; PRODUCT IMAGES COURTESY OF MANUFACTURERS

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough eczema treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

- **Fast itch relief***
- **Clearer skin that lasts***
- **Not an immunosuppressant**
- **Not a cream or steroid**

*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.

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CELISA, REAL PATIENT
Individual results may vary.

DUPIXENT®
(dupilumab) Injection
200mg · 300mg

TALK TO YOUR ECZEMA SPECIALIST AND GO TO DUPIXENT.COM TO FIND OUT MORE

INDICATION

DUPIXENT is a prescription medicine used to treat adults and children 6 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby. To enroll or get more information call 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.

Joint aches and pain. Some people who use DUPIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. **Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children under 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME REGENERON

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DUP.21.12.0068

YOU MAY BE ELIGIBLE FOR AS LITTLE AS A $0 COPAY.* CALL 1-844-DUPIXENT (1-844-387-4936)

***THIS IS NOT INSURANCE.** Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of $13,000. Additional terms and conditions apply.

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab)
(DU-pix'-ent)
injection, for subcutaneous use

Rx Only

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
  - to treat adults and children 6 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
  - The DUPIXENT pre-filled pen is only for use in adults and children 12 years of age and older.
  - The DUPIXENT pre-filled syringe is for use in adults and children 6 years of age and older.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be given by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.
- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject too much DUPIXENT (overdose), get medical help or contact a Poison Center expert right away at 1-800-222-1222.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, fast pulse, fever, general ill feeling, swollen lymph nodes, swelling of the face, lips, mouth, tongue, or throat, hives, itching, nausea or vomiting, fainting, dizziness, feeling lightheaded, joint pain, skin rash, or cramps in your stomach-area.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- **Joint aches and pain.** Joint aches and pain can happen in people who use DUPIXENT. Some people have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, cold sores in your mouth or on your lips, and joint pain (arthralgia).

The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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Issue Date: December 2021

DUP.21.06.0182

The Books List Top Picks for Every Taste

BY KRISTYN KUSEK LEWIS

Book Club Winner

In Eleanor Brown's *Any Other Family,* four biological siblings are adopted by three sets of parents—two couples and one single mother—who are committed to keeping the kids in each other's lives. But this well-intentioned agreement proves difficult in practice, especially when the children's biological mother announces she's pregnant again. A tearjerker that nails the issues of fertility, adoption, and raising kids, this is a conversation starter about parenthood you don't want to miss.

Clever Page-Turner

Imagine: You're at a reunion dinner with former coworkers when you excuse yourself to buy a pack of cigarettes. As you walk back to the restaurant, you run into a former boyfriend, and then another, and then another. That's what happens to Lola in Sloane Crosley's *Cult Classic.* Clearly something is up, and it's not mere coincidence. This wildly entertaining, hilarious, genre-defying, sci-fi-esque novel about dating and relationships is guaranteed to be unlike anything you've read before.

Satisfying Rom-Com

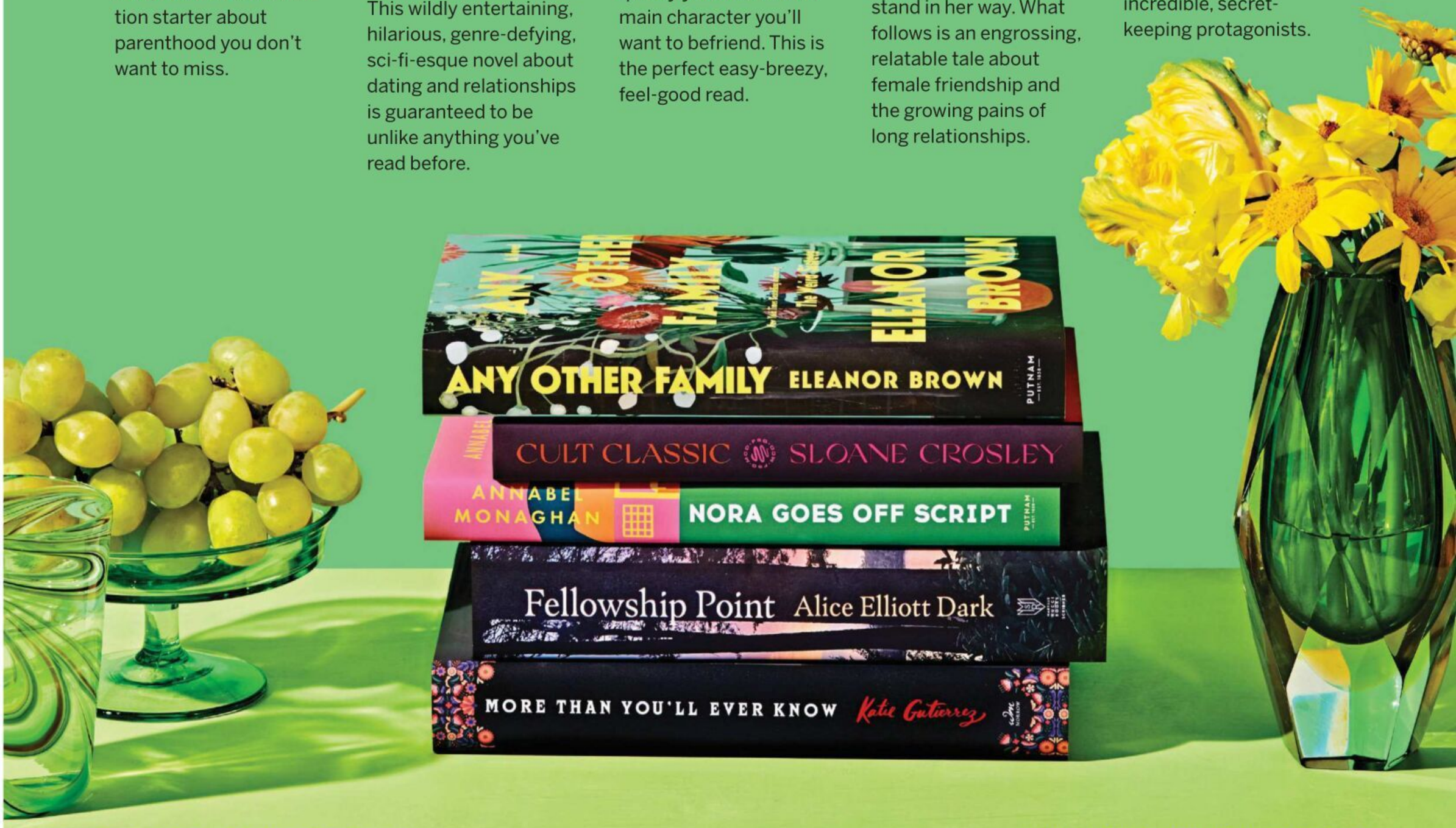
Nora Hamilton writes movies for a romance channel, and her newest script—based on her own failed marriage—is picked up by Hollywood and being filmed in the farmhouse she shares with her two kids. When the movie's leading man offers her $1,000 a day to stay for a week after shooting wraps so he can decompress, the *real* drama starts. *Nora Goes Off Script* by Annabel Monaghan is funny and smart, with a Nancy Meyers–movie quality you'll love and a main character you'll want to befriend. This is the perfect easy-breezy, feel-good read.

Moving Fiction

Set in idyllic coastal Maine, Alice Elliott Dark's *Fellowship Point* is the sweeping story of Agnes Lee and Polly Wister, longtime best friends who've made very different choices in life: One is a children's book author; the other is a wealthy wife and stay-at-home mom. When Agnes becomes determined to have a piece of land in their community permanently protected, Polly could stand in her way. What follows is an engrossing, relatable tale about female friendship and the growing pains of long relationships.

Suspenseful Novel

In 1985, Lore Rivera is an international banker whose double life—split between Mexico City and Laredo, Texas—comes to a halt when one of her two husbands murders the other. In 2017, Cassie Bowman is a true-crime writer who becomes dangerously obsessed with Lore's story, and the questions multiply as she digs deeper. *More Than You'll Ever Know* by Katie Gutierrez is a something-for-everyone read (mystery! crazy family drama! romance!) with two incredible, secret-keeping protagonists.



PROP STYLING BY MARINA BEVILAQUA

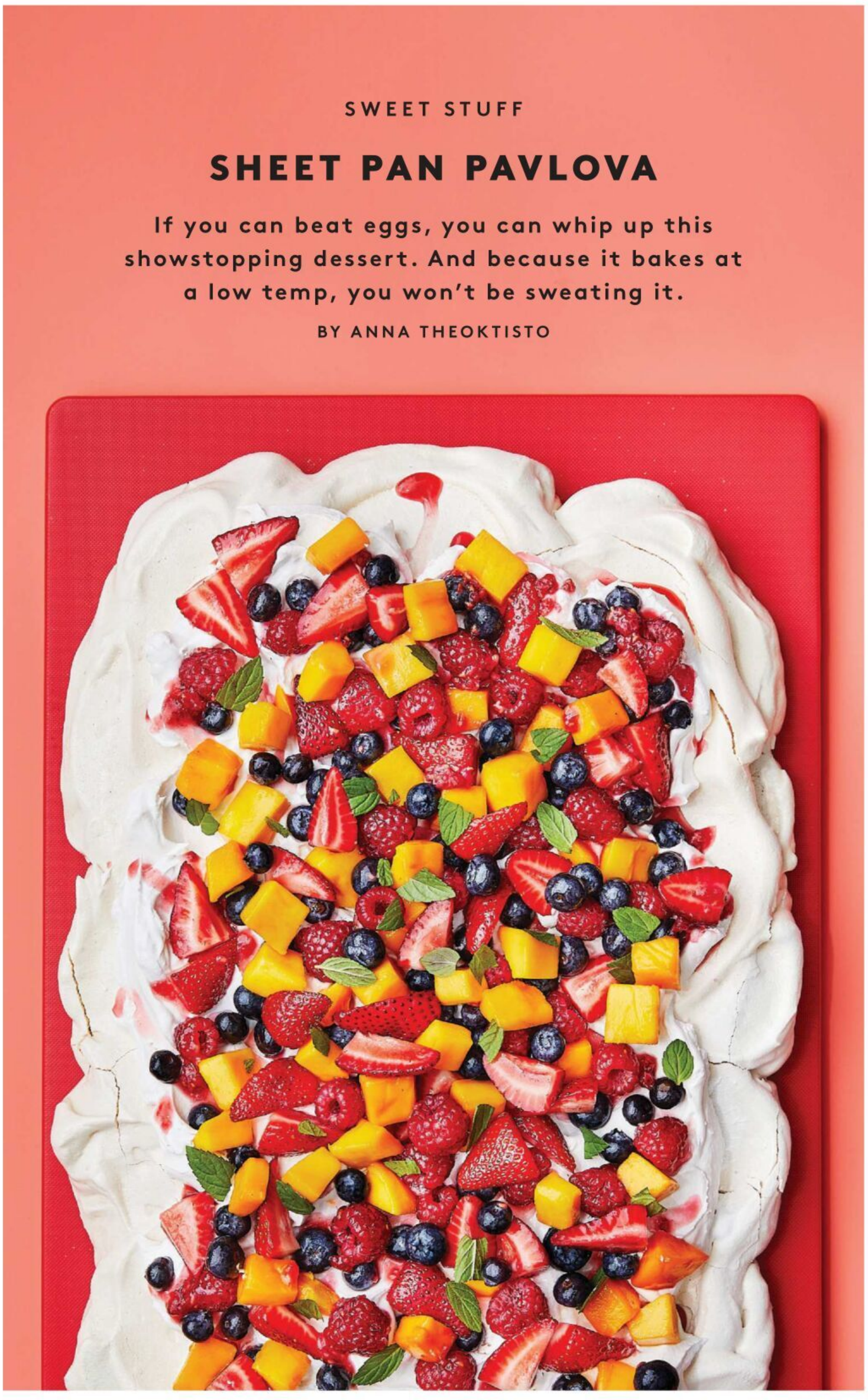
Photograph by Ted + Chelsea Cavanaugh

SWEET STUFF

SHEET PAN PAVLOVA

If you can beat eggs, you can whip up this showstopping dessert. And because it bakes at a low temp, you won't be sweating it.

BY ANNA THEOKTISTO



ACTIVE TIME **20 MINUTES**
TOTAL TIME **4 HOURS, 45 MINUTES (INCLUDES 2 HOURS COOLING)**
SERVES **16**

- 8 large egg whites, at room temperature
- ¼ tsp. cream of tartar
- 2 cups plus 3 Tbsp. granulated sugar, divided
- 1 tsp. pure vanilla extract
- 1 lb. mixed fresh berries (3 to 4 cups)
- 2 medium mangoes, peeled and chopped (2 cups)
- 2 cups heavy cream
- ½ cup sour cream
- ¼ cup confectioners' sugar
- Torn fresh mint leaves, for serving

PREHEAT oven to 250°F. Line a large rimmed baking sheet with parchment paper.

BEAT egg whites and cream of tartar in a large bowl with an electric mixer until soft peaks form, about 2 minutes. With mixer on high speed, add 2 cups granulated sugar in a slow, steady stream. Beat until egg whites are stiff and sugar is dissolved, about 8 minutes. Add vanilla, beating until just combined, about 20 seconds. Spread meringue on prepared baking sheet in a fairly even layer, almost covering entire baking sheet.

BAKE meringue until firm, about 2 hours. Turn off oven and let meringue cool in oven for 2 hours. Remove from oven and let cool completely on baking sheet, about 15 minutes.

STIR together berries, mangoes, and remaining 3 tablespoons granulated sugar in a large bowl. Let stand, stirring often, until juicy, about 10 minutes.

BEAT heavy cream, sour cream, and confectioners' sugar in a large bowl with an electric mixer on high speed until stiff peaks form, about 2 minutes. Spread whipped cream mixture evenly over cooled meringue. Top evenly with berry-mango mixture; top with mint.

FOOD STYLING BY ALI RAMEE; PROP STYLING BY CHRISTINE KEELY

Photograph by Greg DuPree













BEYOND ORDINARY



The way you care for your family isn't ordinary. So why give them ordinary eggs?

Eggland's Best provides extraordinary nutrition—which is important for today's healthy and active lifestyles.

25% LESS	6x MORE	10x MORE
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The best matters. Especially when it comes to family.

FARM FRESH EGG·LAND'S BEST

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*compared to ordinary eggs

Clever Items
Little Things to Make Your Life a Lot Easier

BY LESIE CORONA AND ERICA FINAMORE



1

HIT REFRESH

This long-lasting deodorant for your shirt will help you avoid stinky situations. The spray keeps smells at bay through at least five wears and washes! **TO BUY:** Swiff, $30; swiffspray.com.



2

TAKE A STAND

Today your office is the sofa. Tomorrow, the kitchen island. A collapsible organizer with 12 pockets will transport your supplies from place to place. **TO BUY:** Portable Desk Organizer, $65; store.moma.org.



3

SOUND EFFECTS

Never again will you board a plane only to realize your wireless headphones don't work with the jack. This adapter pairs Bluetooth buds with the screen. **TO BUY:** AirFly, from $50; twelvesouth.com.



4

SWIM PICKINGS

The company uses a face-scanning app to customize the fit of these goggles just for you. Say bye to watery eyes. **TO BUY:** Blue Magic Goggles, $55; themagic5.com.



5

TASTE MAKERS

Wrap foods in fragrant, pliable cedarwood and alderwood sheets before grilling or baking for extra smoky flavor. **TO BUY:** Flavor Infusing Grilling Wraps, $10 for 8; uncommongoods.com.



6

SMOOTH OPERATOR

This clothing iron has all the fabric settings of a traditional one (and even steams!), but it's portable, packable, and fast, since it can de-crease both sides at once. **TO BUY:** The Nori Press, $120; nori.co.

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SPACE OF THE MONTH

CRAFTERNOON DELIGHT

The star of Zooey Deschanel's multitasking work space? A cupboard containing her vast array of crafting supplies.

BY LESLIE CORONA

Photographs by Trevor Tondro



Meet the Owners

ZOOEY DESCHANEL & JONATHAN SCOTT

Zooey and Jonathan renovated their Los Angeles Georgian Revival home by maintaining historic details and using pattern play in nearly every room. (To see the full tour, pick up the summer issue of the Scott brothers' magazine, *Drew + Jonathan Reveal*, at your local newsstand.) Here, Zooey created an oasis of an office for taking meetings, writing music, and crafting. The standout feature is the DreamBox closet that opens to reveal a pullout worktable and universe of materials. "I'm not crafting all the time, so I wanted to be able to put everything away when I'm not using it, and have a beautiful room to work in!" she says.



A delicate gold-leaf floral fixture adds whimsy.











Choose between plain, Shaker-style, and farmhouse-style fronts.

Get the Look

DREAMY STORAGE

At three feet wide, less than three feet deep, and only a little taller than Zooey (in heels), the DreamBox doesn't gobble up space when closed. But open it and you have nine feet of storage for spools of yarn, scissors, ribbons, and pretty much anything you'd want to fashion into something else.

NATURAL INSTINCTS

This room connects to the home's atrium, so Zooey brought some of those organic SoCal elements inside with a cool cactus wallpaper and potted plants.

SOFT LANDING

Jonathan typically has a big reno on his hands, but this room just needed a few touches, like the area rug he designed with his brother Drew for Living Spaces.

TO BUY: Mandeville Linear Chandelier, $1,609; circalighting.com. Martini Side Table, $449; cb2.com. Block Print Grid Pillow Cover, $47.50; westelm.com. Oracle Dim Grey Rug by Drew & Jonathan for Living Spaces, from $595; livingspaces.com. Kingdom Home Cactus Wallpaper, $163 per roll; miltonandking.com. Ficus Tineke and Monstera Deliciosa, $68 each; thesill.com. DreamBox, from $2,499; createroom.com.

PROP STYLING BY LEILA NICHOLS. ZOOEY: WARDROBE STYLING BY CAMILLE ABDEL NASSER; HAIR BY BRENT LEONESIO; MAKEUP BY SARAH NELSON. JONATHAN: WARDROBE STYLING BY CHARLOTTE JENKINS; HAIR AND MAKEUP BY ANNALEE BELLE. PRODUCT IMAGES COURTESY OF MANUFACTURERS

Sometimes
it's the little things
that make
the biggest difference.

© Inter IKEA Systems B.V. 2022

You don’t need a big budget to make big changes at home. A cuddly nightlight could be all it takes to help them feel safe and sound so they can get a good night’s sleep—and you can too. Explore the IKEA Marketplace and discover all the affordable home essentials and décor designed for a better everyday life.
IKEA-USA.com/Marketplace

IKEA®

GENIUS BEAUTY

The New Simplifiers

Our team tried *allll* the products and found six picks that make looking great look easy!

BY LISA DESANTIS

1

GLOW GETTER

Contouring is a snap with this super-convenient compact. Swipe the matte bronzer under cheekbones for definition, then blend the creamy highlighter on cheeks and brow bones for a sexy sheen.
TO BUY: Bounce Magic Fit Creamy Bronzer & Highlighter Duo, $32; beautyblender.com.

The stackable set, available in four shades, frees up space in your bag.

PROP STYLING BY MARINA BEVILACQUA

Photograph by Ted + Chelsea Cavanaugh



*Recommended for retinol users and not for beginners **See improved look of wrinkles ©J&JCI 2022

RETINOL PRO+ SERUM
WRINKLE RESULTS IN ONE WEEK**

Neutrogena
FOR PEOPLE WITH SKIN™



Wear a shower cap over the mask, and the heat will help it penetrate.

2

CURL QUENCHER

Want a little spring back in your spirals? Coat clean, damp hair in this mask made for curl types 3A to 4C, then multitask (wash, shave, sing!) during the five minutes it takes for the castor, jojoba, and avocado oils to do their mane magic. Rinse for softer, stronger, and shinier hair. **TO BUY:** Andrew Fitzsimons Fantasy Curls Nourishing Mask, $14; ulta.com.



5

SKIN SAVERS

When your skin is acting funky, this rainbow trio is your arsenal. Smooth them on after cleansing and before moisturizing. Green calms irritation and neutralizes redness, blue prevents water loss when skin is thirsty, and pink is packed with lactic acid to clear congestion. **TO BUY:** Bliss Skin-Mergency Set, $22; ulta.com.

3

SWEAT STOPPER

This mist feels weightless but stands up to sweat during both intense workouts and tense work meetings. The nozzle gives you precise application, leaving no white marks or goo—just a dry, fresh-scented you. **TO BUY:** Secret Weightless Dry Spray in Wild Rose, $7; target.com.





4

LASH ENHANCER

This inky-black mascara lengthens lashes instantly and strengthens them over time, thanks to a serum made with amino acid and shea butter. Think of it as fancy skin care for your fringe. Plus, the glass tube and vegetable-fiber-derived wand are easy on the eyes *and* the earth. **TO BUY:** Le 8 Hypnose Mascara, $29; lancome-usa.com.

6

UNDEREYE HYDRATOR

Raise your hand if your crow's-feet, dark circles, and bags are looking rough after too much screen time and too little shut-eye! This ceramide-laced cream soothes like chilled spoons (ahhh) and helps you fake looking awake. **TO BUY:** Curél Moisture Repair Eye Cream, $32; amazon.com.



MASCARA SMEAR: BRIAN HENN; PRODUCT IMAGES COURTESY OF MANUFACTURERS

SHINGLES

THE RASH CAN FEEL LIKE
PULSING, ELECTRIC
*SHOCKS**

FACT: 1 in 3 people will get shingles in their lifetime.
This painful, blistering rash could interrupt your life for weeks.

IF YOU'VE HAD CHICKENPOX, THE VIRUS THAT CAUSES SHINGLES IS ALREADY INSIDE YOU.

WHY WAIT?
ASK YOUR DOCTOR OR PHARMACIST ABOUT SHINGLES.

*Individual experiences may vary.

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SGXJRNA210096 January 2022
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WHATISSHINGLES.COM

THEY LOOK FEROCIOUS, BUT INSIDE
THEY'RE JUST CHICKEN RAISED WITH

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More to Love Tyson

Look for NO ANTIBIOTICS EVER! on pack



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GUIDES



FOOD STYLING BY ALI RAMEE; PROP STYLING BY CHRISTINE KEELY

SIMPLE TWIST

Pick Up Sticks

For a cuter, neater, and less wasteful way to enjoy watermelon, carve out sticks instead of slices, says REAL SIMPLE food director Jenna Helwig. Cut a baby watermelon in half, then into inch-thick half-moons, and finally crosswise into inch-wide sticks. Leave the sticks plain or dress them with lime juice, lime zest, flaky sea salt, and/or chili powder. Set them out for an easy-to-grab—and easier-to-devour—barbecue starter or dessert. Score one for sustainability: no more half-nibbled slabs in the trash!
—Teddy Willson

Photograph by Greg DuPree

THINGS COOKS KNOW

Allergy-Safe Swap Sheet

Millions of Americans have food allergies. Our DIY hacks and some savvy shopping can help you avoid the most common triggers when you're hosting, packing school lunches, or managing an allergy of your own.

BY JENNA HELWIG

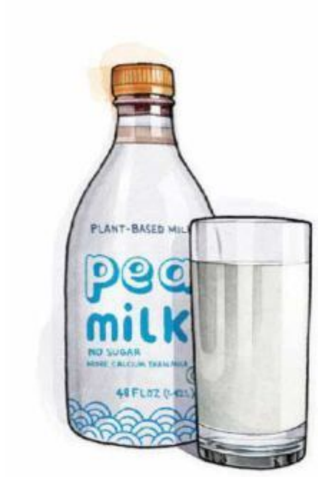
EGGS

For the occasional egg substitute in baking, use a flax "egg." Mix a tablespoon of ground flaxseed with a scant three tablespoons of water. Let it sit for 15 minutes, then add it to your recipe. The seeds will basically disappear into the final product. If you bake regularly, pick up Bob's Red Mill Egg Replacer, a powder that's primarily potato starch and tapioca flour. And for egg-forward preparations, like frittatas and scrambles, opt for a plant-based egg substitute, like Just Egg. Made from mung beans, it mimics the flavor and texture of beaten eggs surprisingly well.



WHEAT

Since gluten is a protein in wheat, anything gluten-free will be wheat-free. For sliced bread, bagels, and buns, we like Canyon Bakehouse for its traditional bready texture. Wheat is also an ingredient in most soy sauces; use tamari or coconut aminos instead.



COW'S MILK

Dairy allergies are triggered by proteins in most mammals' milk, so you're best off with a plant-based option, like almond, coconut, or rice. (Lactose intolerance isn't an allergy; it means your body doesn't make enough of the enzyme lactase and can't process the natural sugar in milk.) If you want more protein, try soy or pea milk—both offer eight grams a cup. (By contrast, some oat milks only have three grams a serving.) Whichever milk you choose, make sure it's fortified with calcium and vitamin D to support bone health, just like cow's milk.

SOY

Try coconut aminos instead of soy sauce. Derived from the sap of coconut palms, it's slightly thicker and sweeter, and less salty, but it still packs an umami-rich punch. (Just add more salt to your recipe.)

NUT AND SEED BUTTERS

If you're swapping in sunflower butter for peanut or almond, know that seeds are also a common allergen. To avoid both nuts and seeds, look for a butter made with peas or chickpeas, such as NoNuts Golden Peabutter, the Amazing Chickpea, or Finally Chickpea Butter. The texture is similar to peanut butter's, and while the taste may not fool you in a PB&J, it easily works in cookies and bars.

SEAFOOD

Like plant-based "meat," vegan seafood is now a *thing*. Look in the freezer aisle for Good Catch "salmon" burgers and "fish" sticks, made from blends that include pea and soy proteins.

For a less processed alternative, try using canned hearts of palm in place of seafood in crab cakes. The flavor will be tangy rather than rich, but the texture will be remarkably similar. To replace white fish fillets, grab Upton's Naturals Banana Blossoms (find them in the international aisle at Whole Foods Market). Made from the flowers that grow at the ends of banana bunches, they don't taste like bananas—or much of anything, really—but breaded, they cook up just like cod.



CHOCOLATE

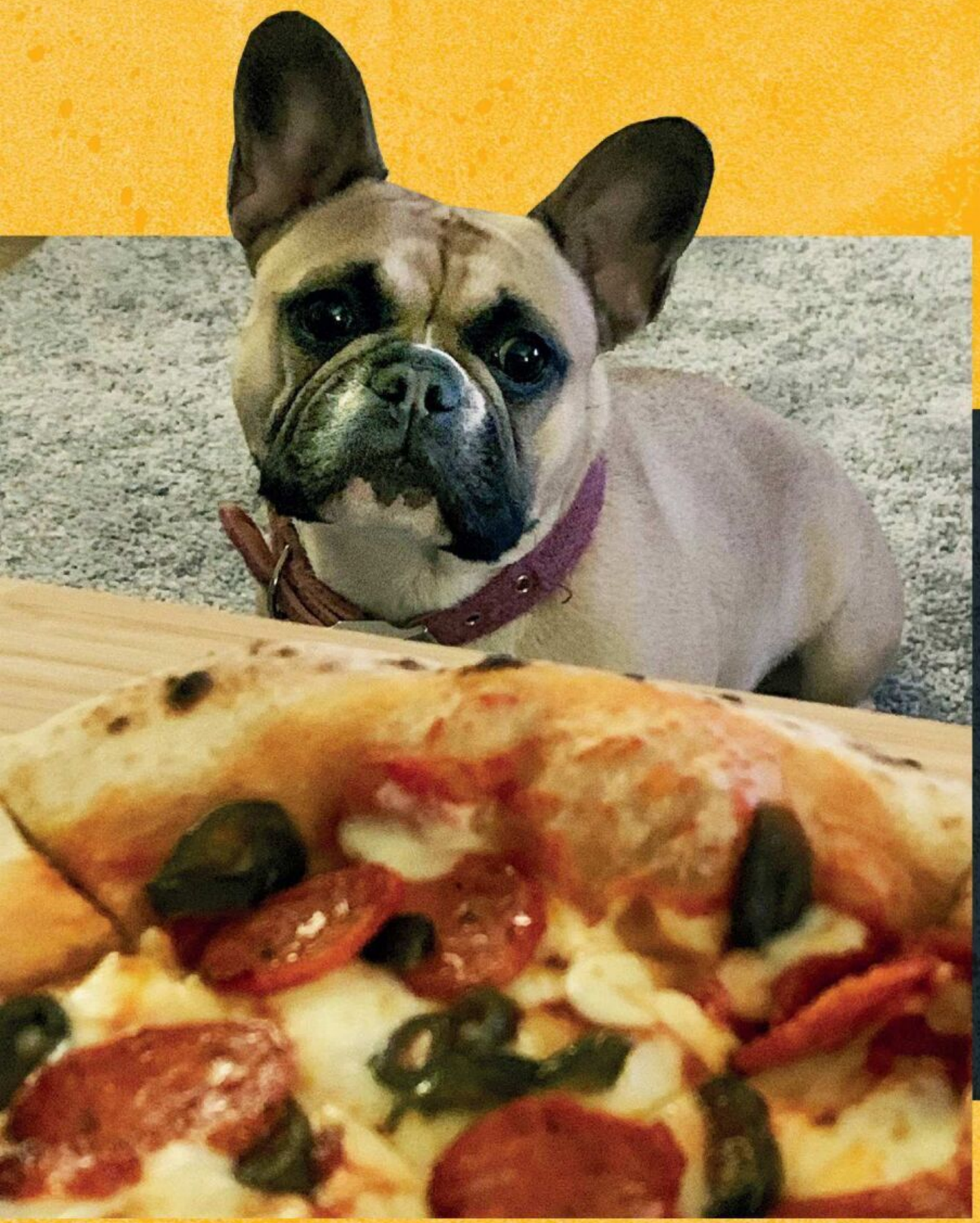
Because it's often made with dairy and produced on equipment that processes nuts, chocolate can be tricky for people with allergies. For chocolate chips and snacks, look for the Enjoy Life brand, which is free of major allergens. For completely nut-free (but not dairy-free) chocolate confections, like truffles, caramels, fudge, and holiday candy, order online at vermontnutfree.com.

Always check the label or ask your doc before trying a new product.

THANKS TO ALLERGIST TINA SINDHER, MD, AND FOOD ALLERGY DIETITIAN MARGIE WOCH, RD, AT THE SEAN N. PARKER CENTER FOR ALLERGY AND ASTHMA RESEARCH AT STANFORD UNIVERSITY

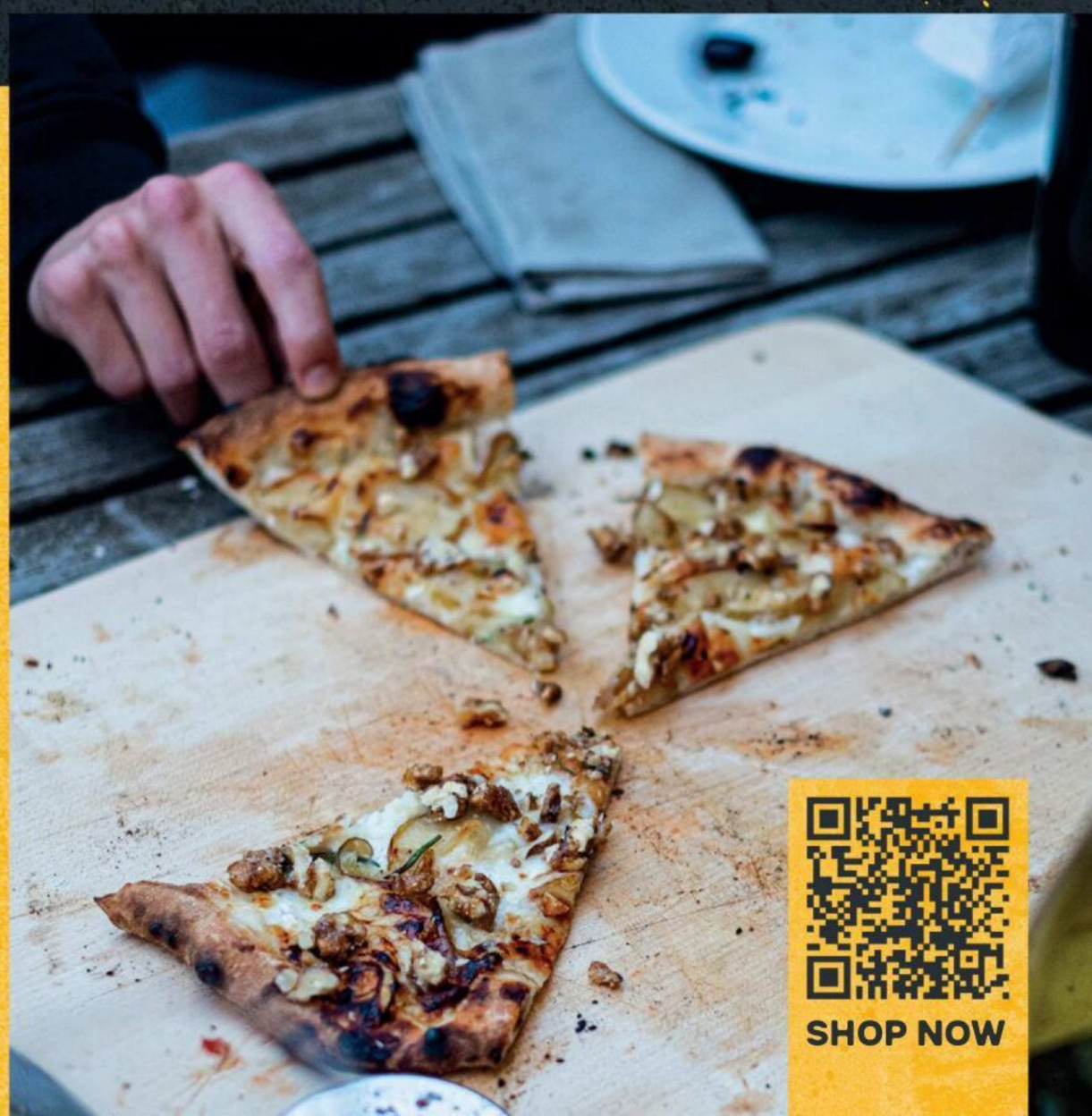
Illustrations by Adam Cruft

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MONEY

3 Ways to Have Fun with Your Finances

These activities can help you manage your money better and—really! truly!—are anything but boring.

BY SARA GAYNES LEVY



KATHRYN SWAYZE/STOCKSY

AS THE GREAT MARY POPPINS once said, "For every job that must be done, there is an element of fun." Finding the fun when it comes to finances can be a challenge, but if you're looking for a spoonful of sugar to help your net worth go up, we've got a few ideas.

1 / Start a Money Diary

So spreadsheet-style budgeting hasn't worked for you? Consider journaling about your money habits. It's a way to contextualize them and stay focused on your goals. Nicole Lapin, host of the podcast *Money Rehab with Nicole Lapin,* likens the task to keeping a gratitude journal and recommends using similar prompts—such as "What are the financial things I'm grateful for today?" and "What did I accomplish this week financially?" Explore the "why" behind your decisions, tracking how you feel about money and the emotions that trigger spending it, and look for patterns (like overspending when you feel anxious). One of the first steps to being better with money is getting comfortable talking about it, and a notebook is a safe space to start.

And how do you go from recognizing your behaviors to changing them? A money journal can help you make a road map too, says Lynnette Khalfani-Cox, CEO of Ask the Money Coach, a financial education platform. "Think about your goal, whether it's improving your credit, paying off student loans, or just getting better at managing your budget," she says. "How do you back yourself into that end goal?" Little habits—like using only cash, not your card or your phone's pay app—add up. Naming them and noting your progress will help keep you on track and motivated.

Eugenie' George, author of *Our Money Stories,* discovered the power of journaling after she ran out of savings. "I was constantly stressed, so I googled 'money journal prompts' and started answering questions." The takeaways were major: George realized she'd been spending money based on how she was feeling, with no regard for her long-term financial goals. Once she identified the pattern, she scaled back on impulsive spending and focused on big stuff, like paying off her student loans. While doing so, she found she loved the process, and switched her career from elementary school teacher to financial wellness expert.

One of the first steps to being better with money is getting comfortable talking about it, and a notebook is a safe space to start.

2 / Seek Out a Money Mentor

It's a fallacy that you shouldn't talk about money with friends. Pick one who's doing something right—or maybe even doing the same wrong thing you are—and make a date to talk about it.

First, identify who you want to "ask out." Financial discussions are sensitive, so make sure you really trust the person, Khalfani-Cox says. It's also ideal if they've achieved something you want to get done, like owning a home or retiring early.

At the meeting, Lapin advises, share your own story, with as many details as possible. "If you want to have this conversation, you should go first," she says. For example, throw out your salary and state what your goal income is before asking for tips on how to get there. "It gives the other person license to open up," she says. They can talk freely about their successes, as well as their goofs. "If someone can tell you, 'Don't make the mistake I made,' that's incredibly valuable," Khalfani-Cox says. "If they can offer something that has been instrumental in getting ahead? That's worth its weight in gold."

Set up regular check-ins for accountability. And unless you're in dire financial straits, yes, you should pick up the tab.

3 / Play the Game

Maybe in middle school, you lost a rainy Saturday to an all-absorbing game of Monopoly. Gamification—a buzzword in personal finance—replicates that. One way to gamify your finances is to do savings challenges. On Pinterest and Etsy, you can download templates that almost work like a toddler's potty-training chart—only the goal is *not* flushing money down the toilet. Every day for a month, say, you set aside money in a savings account. Finish out that entire month and enjoy the sweet high of an unbroken streak. Another way to gamify is to play with investment simulations (like MarketWatch's Virtual Stock Exchange). They let you invest imaginary funds in the markets, so you learn the ins and outs of stock trading without losing your own, very real money.

For George, "playing" with money means giving yourself some space to stop planning and start dreaming. You could put together an inspiration board about your dream home, so as you work to save for it, the vision is concrete.

Understanding your finances and goals can translate into real-world confidence and, ultimately, increase your wealth. And isn't that the most fun of all? ■

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HEALTHY AT HOME

Happy Feet

Foot pain can really cramp your style. Here are some podiatrist-approved strategies for healing your heels and tending to your toes.

BY KRISTYN KUSEK LEWIS

TWENTY YEARS AGO, after I ran my first marathon, I treated myself to the most beautiful kitten heels I'd ever seen. My grandmother, who worked in a shoe store, always said I inherited her love of heels, and it's true. I'm five-foot-one, and that little lift makes me feel downright statuesque, even if I still need to raise my chin to look another adult in the eye.

Now that I'm in my mid-40s, my decades of running and my penchant for cute shoes have caught up with me. My heels are tucked away, I have osteoarthritis in both big toes, and my daughter calls me Old Lady Feet.

It may not be the sexiest topic, but over 75 percent of Americans experience foot pain every year, with only a third seeking treatment. According to the American Podiatric Medical Association (APMA), the average American logs 75,000 miles by age 50. Clearly, our feet deserve more attention than the occasional pedicure. Read on for ways to keep yours in shape.

Illustrations by Asia Pietrzyk

Why Foot Pain Happens

Foot problems get worse with the wear and tear of age—genetics and foot type play a role too. "Bad shoes and your activity are factors, but they're not the whole story," says Elisa Kavanagh, a podiatrist in Harrison, New York, and former foot and ankle specialist for the Radio City Rockettes. "If you have a family history of arthritis or bunions, then you're more at risk to develop them. Your foot shape, like flat feet or a high arch, may also make you prone to certain problems." Knowing your risk factors can help you stay alert to the common issues below.

ACHILLES TENDINITIS: Irritation and swelling of the Achilles tendon, which runs along the back of your ankles from your heel to your calf.

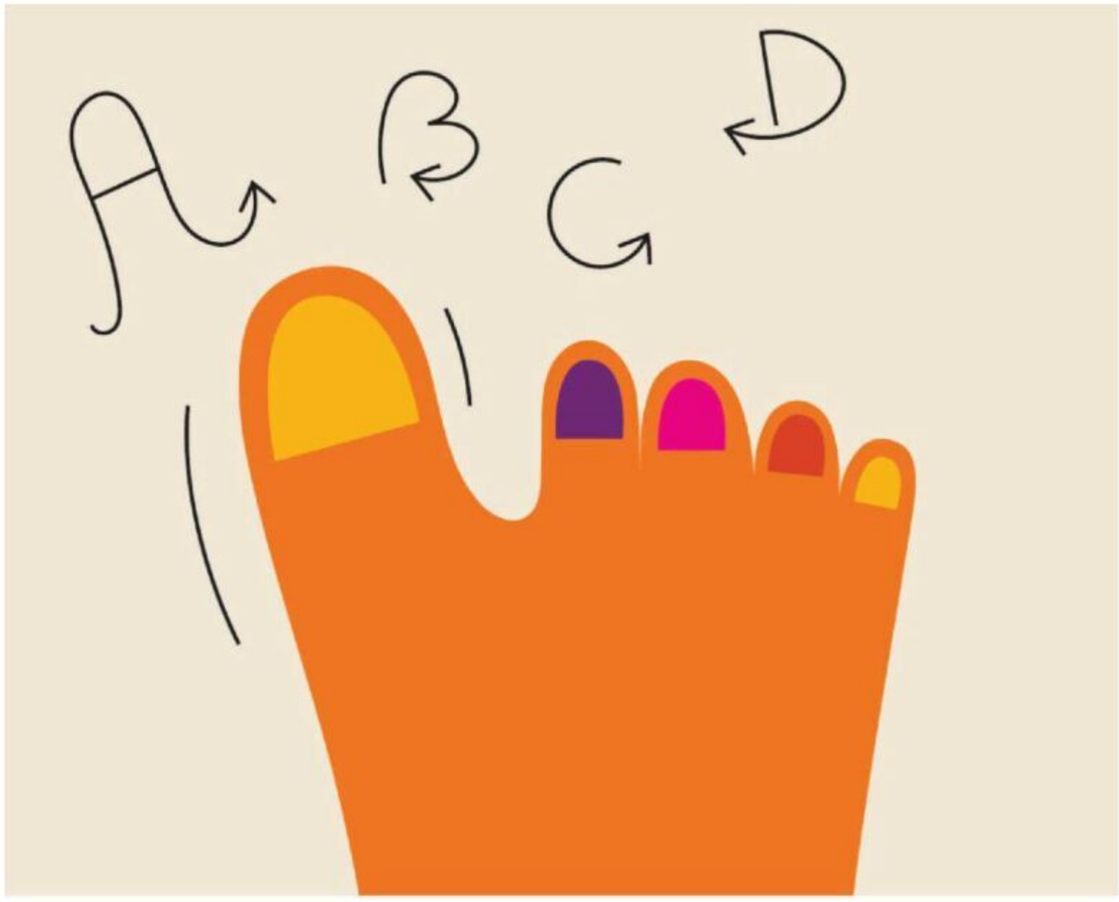
BUNION: A bony bump that forms on the base of the big toe, leading to pain and stiffness.

HAMMERTOE: A bend in the middle of the toe, created by an imbalance in the muscles, tendons, or ligaments. It's most common in the second, third, and fourth toes.

METATARSALGIA: Pain and inflammation in the ball of the foot. This is prevalent in high-heel wearers.

OSTEOARTHRITIS: Joint damage, typically caused by use over time. One of the most common types is hallux limitus, causing stiffness and pain in the big toe.

PLANTAR FASCIITIS: Straining or inflammation of the fascia, the tough tissue on the bottom of the foot that connects the heel bone to the toes. (If you're hobbling out of bed in the morning, this could be your issue. The fascia tightens overnight.)



What to Do When Pain Strikes

Even a little discomfort can signal a bigger issue. "I see many patients who've gone months or years with pain we could have treated much more easily if they'd come in sooner," says Jane Andersen, a podiatrist in Chapel Hill, North Carolina, and trustee of the American Podiatric Medical Association. For example, a bunion can be treated with orthotics and better shoe choices; let it go too long, and you may need surgery.

Unresolved foot pain can also affect your gait. "Our feet are complex biomechanical structures," Andersen says. "They support our weight and facilitate our everyday activities." Each foot has 26 bones, plus joints, muscles, tendons, and ligaments that work together with every step. If your Achilles tendon is compromised, for instance, that can

5 MINUTES OF PREVENTION

Just as regular exercise keeps our bodies in shape, a stretching routine helps ensure that all those joints and ligaments stay in good working order. Try the following daily tune-up.

ABC ANKLE ROLLS

Sit down, hold out your foot, and draw the letters of the alphabet with your big toe, then repeat with the other foot. This activates the tendons in the ankle and the muscles in the leg that support the foot.

TOE WIGGLE

Move, stretch, and spread your toes to strengthen the muscles in your foot, which can help stabilize your toes and slow the development of hammertoe.

WALL STRETCH

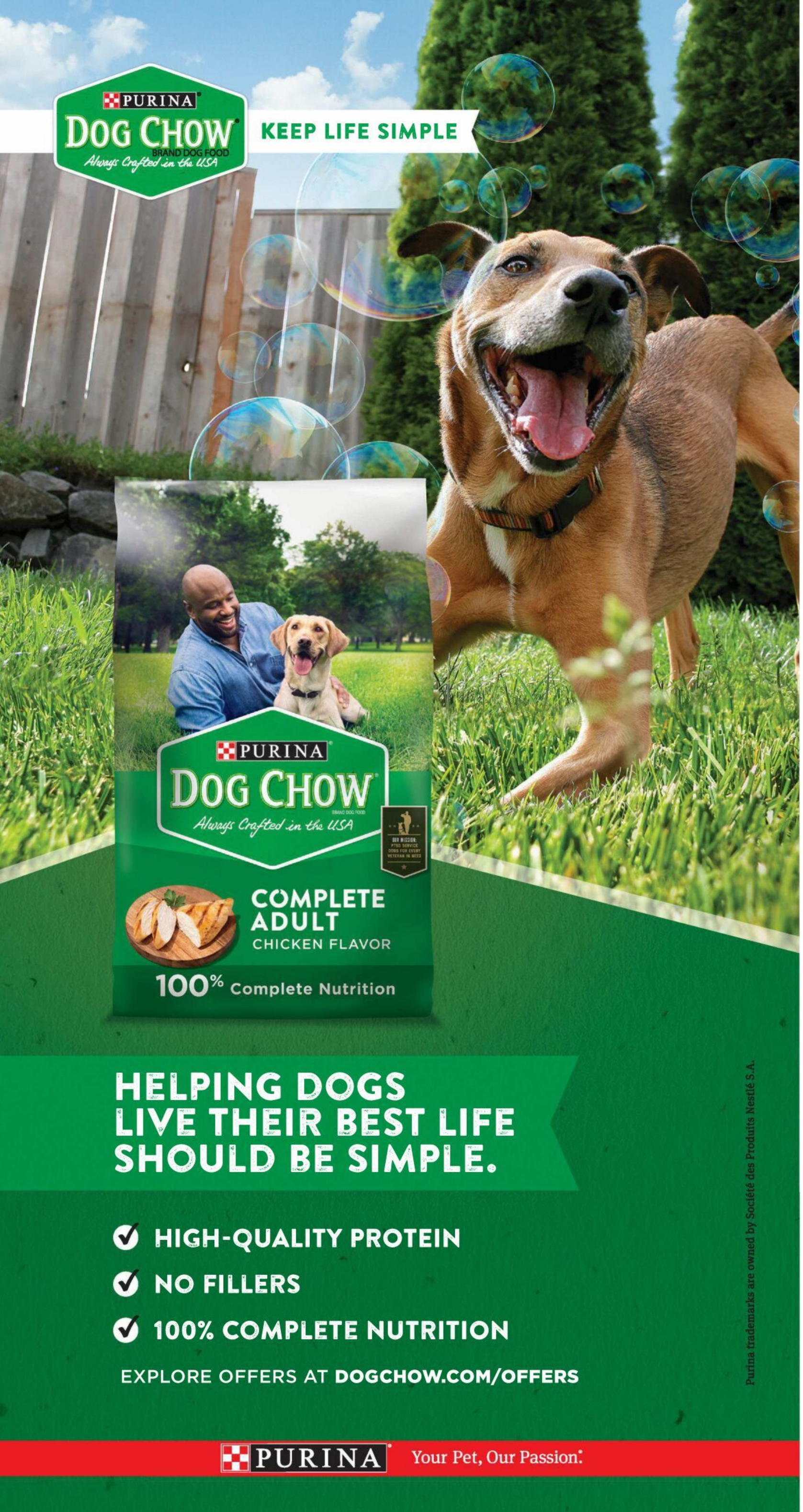
Put your palms against a wall. Place one foot back, heel to the floor, and lean in toward the wall to stretch the back of your leg, from your calf through your heel. Repeat on the other side. This can help with tendinitis and plantar fasciitis.

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lead to issues elsewhere: Even a subtle change in how you walk can cause problems in your knees, legs, hips, and back.

If you're regularly experiencing discomfort, see a podiatrist, who is trained in foot and ankle mechanics (find one at apma.org). To ensure the best care, be a good historian, Kavanagh says. Clearly communicate when your pain started, where you feel it and at what time of day, your activity level, and what kind of shoes you wear and how long you've worn them. "I've had patients who wait until our second appointment to tell me they kickbox in bare feet," Kavanagh says. "The more specific the information you can give me, the better."

Bare Feet Are (Usually) a Bad Idea

Every podiatrist consulted for this story saw an uptick in patients during the pandemic. "People had been used to wearing shoes all day that offered some support," says Ebonie Vincent, a podiatrist at Orange County Podiatry in Orange, California. "Then, suddenly, they were at home walking around like Fred Flintstone. Being barefoot puts a lot of strain on your feet's ligaments and joints because they relax and collapse a bit, and there's nothing to help absorb your body weight." If you're limping around after a day in bare feet or unsupportive slippers, it's time for house shoes.

The Best Shoes

"There comes a point in every woman's life when she just can't bring herself to wear bad shoes anymore," Andersen says. "For some, that's in their 60s or 70s. For others, it's in their 20s or 30s." Think of footwear options the way you think of your diet: The majority of your choices should be healthy—shoes that support your foot from toe to heel and cradle your arch, with a toe box that doesn't pinch.

If you love flats, consider adding inserts for support (see "Foot-Saving Supplies," right). Clogs and sandals with a firm base, like ones by Dansko, are excellent if you stand a lot, but when you're on the move, opt for a shock-absorbing sneaker. And though it may seem excessive to have cross-trainers for your HIIT class and running shoes for jogs, our experts say it makes a real difference in foot health. The extra cushion you rely on in your running shoe could hamper your balance when you're lunging or strength training.

Heels aren't forbidden—but a platform beats a classic pump because there's less of a height difference between the ball of the foot and the heel (meaning less strain). A wedge or chunky heel is better than a stiletto (for weight distribution and stability), and a round toe box is roomier than a pointy toe. For comfort and style, check out brands like Kiki Price, Vionic, and Cole Haan.

When hanging out at home, try a "recovery sandal," a hyper-cushioned slip-on used by distance runners (look for brands like Oofos and Hoka). ■

FOOT-SAVING SUPPLIES

Over-the-counter products can provide some relief.

ARCH SUPPORTS, such as bands and sleeves you wear under socks, can help with arch pain and plantar fasciitis. Try brands like Copper Fit and Ace.

JOINT-CARE PRODUCTS, like topical diclofenac and glucosamine supplements, can help relieve osteoarthritis pain. Check with your doctor for contraindications.

METATARSAL PADS can help with pain in the balls of the feet and make heels more comfortable. Check out Tuli's or Dr. Scholl's.

ORTHOTICS are supportive inserts, formed to your feet, that you place inside your shoes. Custom ones are ideal, but they can cost hundreds of dollars. Some insoles by PowerStep are APMA-accepted. If you want to try over-the-counter orthotics, consult a doctor first.



FASHION

Most Valuable Players

Whether you're running, doing yoga, lifting weights, or just dashing around town, these winners (out of the 35 our team tested) will give you the support you need.

BY FLAVIA NUNEZ



BEST CROSSBACK

Adidas FastImpact Luxe Run High-Support Bra

If you like a crossback but feel like Houdini trying to take it off post-workout, this is worth the splurge. The adjustable straps and lateral hooks on the chest band provide comfy, custom support that's easy to escape. **TO BUY:** $80; adidas.com.



BEST BRA TOP

Old Navy Light Support PowerChill Longline Sports Bra Tank

More for running errands than laps, this modern cut hits at the waist and, with removable pads, is great on its own or under a shirt. **TO BUY:** $27; oldnavy.com.



BEST RACERBACK

Fair Harbor The Corliss Sports Bra

A snug band keeps this bra in place, letting you jump, bend, and twist. And we loved the no-chafe, low-cut armholes. **TO BUY:** $58; fairharborclothing.com.



BEST UNDERWIRE

Wacoal Simone Seamless Underwire Sports Bra

Lightweight nylon-spandex fabric makes this full-coverage bra breathable, while piped underwire prevents unwanted movement. **TO BUY:** $72; nordstrom.com.



BEST FRONT CLOSURE

Calia Women's Go All Out Zip Front Sports Bra

Made with antimicrobial fabric to repel odors during (and after) a workout, this easy on-and-off bra has built-in cups ranging from C to E. **TO BUY:** $50; caliastudio.com.



BEST COMPRESSION

Tracksmith Allston Bra

Wide straps and soft nylon mean you can wear this for high-intensity workouts and still breathe comfortably. The secret phone pocket is just gravy. **TO BUY:** $72; tracksmith.com.



BEST LIFT

Floatley Move It Sports Bra

This cute and flattering bra helped our testers feel held up in all the right places, and covered up even under a sheer tee. **TO BUY:** $45; floatley.com.

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BEAUTY

SPF for All

Our sunscreen litmus test: Does it blend seamlessly into the deepest skin tones *and* prevent the fairest ones from frying? Here, six that pass with flying colors.

BY ANNEKE KNOT

Photograph by Ericka McConnell



BEST MULTITASKER

Bloomeffects Tulip Dew Sunscreen Serum SPF 50

If the extra step of applying sunscreen stresses you out, consider this souped-up serum worth the splurge. It checks so many boxes (dark spot brightener, antioxidant, moisturizer, sunscreen), it's literally the only thing you need to apply on busy mornings. No time for makeup? Its golden tint imparts a healthy glow. **TO BUY:** $65; bloomeffects.com.



BEST DEWY FINISH

Cay Skin Isle Glow Face Lotion SPF 45

This radiance-boosting, blurring lotion packs hydrating nectar and is like a drink for dry skin. Plus, it doesn't pill under makeup. **TO BUY:** $32; sephora.com.



BEST EVERYDAY

Cetaphil Sheer Mineral Sunscreen SPF 50

Yes, it's loaded with ray-blocking zinc oxide, but the vitamin E–laced formula sinks in so nicely, you'll call it a staple, stat. **TO BUY:** $11; target.com.



BEST STICK

Neutrogena Mineral Ultra Sheer Face & Body Stick SPF 50

Reapply on the fly with this palm-size protector. Its clear, dry finish makes it super swipeable. **TO BUY:** $17.50; cvs.com.



BEST PRIMER

Thrive Causemetics Sunproof 3-in-1 Invisible Priming Sunscreen SPF 37

A makeup lover's dream: It temporarily plumps lines and gives your glam staying power. **TO BUY:** $38; thrivecausemetics.com.



BEST BODY

Banana Boat Sport Roll-On SPF 60+

Cover sensitive spots—ears, tops of feet, and bikini line—with this travel-safe roller that's transparent and nonsticky. **TO BUY:** $8; target.com.

WARDROBE STYLING BY ALI PEW; HAIR BY NATHANIEL DEZAN AT OPUS BEAUTY USING ORIBE; MAKEUP BY NICOLE CHEW AT ART DEPT; MANICURE BY TRACY CLEMENS AT OPUS BEAUTY USING CHANEL LE VERNIS; PRODUCED BY ELLIE STILLS; PRODUCT IMAGES COURTESY OF MANUFACTURERS

SPOTLESS

THE REFRIGERATOR

**A tidy fridge is the first step in meal planning. (Gotta know what's in there!)
And every time you open the door to see sparkling shelves, you'll instantly feel more chill.**

BY ERICA FINAMORE



Photograph by Christopher Testani

Do This...

DAILY

Yes, you're in a rush, but don't let that dribble of milk sit there and crust up. Wipe all drips, spills, and crumbs with a damp microfiber cloth.

MONTHLY

Toss spoiling produce, forgotten leftovers, ossified cold cuts, and anything of uncertain origin. Try to do this when you're overdue for a big grocery shop and the fridge is almost empty anyway. Wipe down condiment bottles and consolidate as needed. And replace the baking soda that was hidden behind the salad dressings.

EVERY 3 MONTHS

Deep-clean your fridge.

1 Unplug it, empty it, and put the perishables in a cooler with ice, where they can hang for up to two hours.

2 Remove drawers and shelves and wash them. Use a microfiber cloth and either a mixture of warm water (one quart) and liquid dish soap (two teaspoons) or a spray bottle filled with one part vinegar and three parts warm water. Rub stains and stubborn drips with a nonscratch sponge.

Use all-natural, unscented dish soap for your cleaning solution so fragrance won't permeate your food. Who wants to smell lavender while they're eating deli ham?

3 The fridge walls are prone to scratches, cracks, and discoloration, so only use gentle cleaning solutions—like the dish soap mixture—and a microfiber cloth. Wipe them down really well, then thoroughly dry them with a clean cloth.

4 If the door's rubber gasket has any mildew or debris, gently scrub it with a toothbrush dipped in the dish soap mixture.

5 Return the shelves, drawers, and food to the fridge and plug it back in. Clean the outside with your dish soap mixture or a stainless-steel cleaner, depending on your fridge.

EVERY 6 MONTHS

Most refrigerators have coils, either on the back or behind a grate at the bottom. Their actual purpose is to circulate coolant, though their apparent purpose is to collect dust and pet hair. Since that caked-on fuzz makes the fridge less efficient, unplug the machine and vacuum the coils with the brush attachment.

...With These



CLEANING CLOTH

Amazon Basics Microfiber Cleaning Cloths, $15.50 for 4; amazon.com.



VERSATILE SOAP

Seventh Generation Dish Liquid Soap, $3 for 19 oz.; target.com.



TOUGH-ON-SPILLS SPONGE

Big Daddy FlexTexture Scrubber, $6; scrubdaddy.com.



BAKING SODA

Fridge-N-Freezer Baking Soda, $1; homedepot.com.



STAINLESS-STEEL CLEANER

Affresh Stainless Steel Cleaning Spray, $5; amazon.com.

OUR EXPERTS

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PRIYANKA RATHORE, BRAND COMMUNICATIONS MANAGER AT KITCHENAID

LORI WILLIAMSON, EXPERT AT @NOWITSCLEAN ON TIKTOK

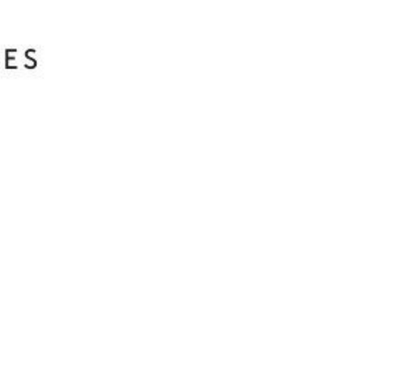
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2022 REAL SIMPLE HOME PREVIEW

Beach House Dreams

Our REAL SIMPLE Home, an ideas-filled show house in Rosemary Beach, Florida, will debut in the October issue! In the meantime, take a sneak peek at the mood boards of two of our collaborators to see what they have in mind for their spaces.

BY LESLIE CORONA AND ERICA FINAMORE



Dabito

OLD BRAND NEW
@dabito

Los Angeles–based Dabito worked as a graphic designer, photographer, and flight attendant for an international airline before launching his interior design blog in 2010. His style is maximalist and eclectic, filled with color, pattern, plants, art, and vintage pieces inspired by his travels. He specializes in power-clashing: mixing competing patterns in a way that looks cohesive.





THE GOAL

An Energizing Living Room with Nods to Coastal Style

Some designers shy away from brightly colored splurge pieces, but not Dabito. He'll start with an avocado-green sectional sofa, which will dominate the room. Then he'll add casual, textured accents in emerald and yellow, his favorite color combo.











Dabito's Plan

WORKS OF ART
The watercolor prints that will be featured in the room were created by Dabito himself. He thinks art should reflect what you love—and it's OK if it doesn't perfectly match your decor!

LIGHT BULB MOMENT
Dabito designed chandeliers as part of a lighting collab with the brand Mitzi. The spherical and conical bulbs will add an unexpected twist to the space.

UNIQUE TABLE
Pieces in a variety of shapes, colors, and textures, like a grass-cloth-covered table, give a room character.

IN SHAPE
One trick to make spaces feel playful: Mix in fun sculptural accents, like a mushroom stool.

HOT SEAT
The bold sectional is the first item Dabito picked, and the anchor for this space.

TO BUY: *When the Morning Comes* Print, from $99; oldbrandnew.com. Hikari 6 Light Chandelier, $650; mitzi.com. Beckett 5-High Shelf, $1,199; crateandbarrel.com. Nilo Hook Pillow, $69; jungalow.com. Meadow Grasscloth Coffee Table, $999; crateandbarrel.com. Boucle Mushroom Ottoman, $375; 1stdibs.com. Melrose Sectional, $3,698; apt2b.com.

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Erin Wheeler
SUNNY CIRCLE STUDIO
@sunnycirclestudio

Erin started the *Sunny Circle Studio* blog in 2018 to document her DIY projects around her home in Raleigh, North Carolina. Now she gives home-styling tips on Instagram. She likes to mix midcentury and geometric items for a bright and inviting effect.













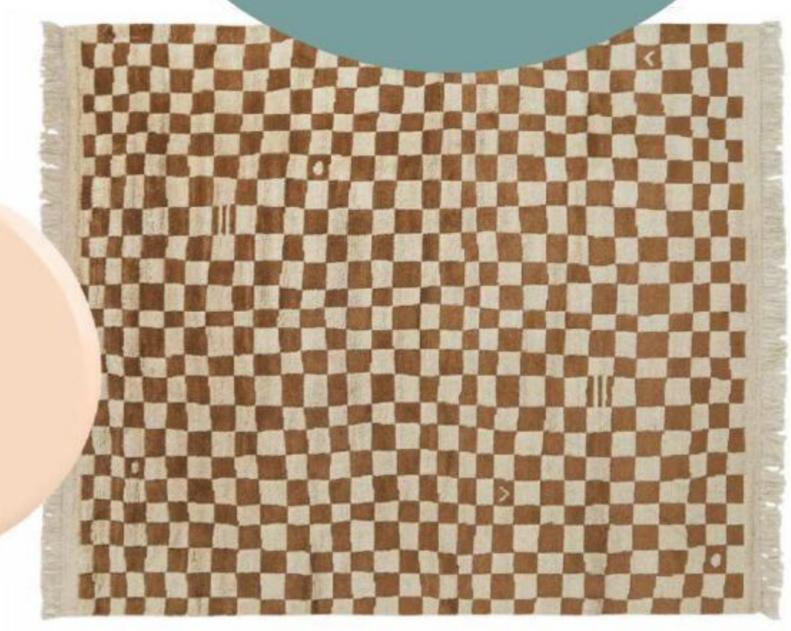
THE GOAL

A Serene Guest Room with a Tropical Feel

Erin gravitates toward used—we mean preloved!—art, and designs spaces around those finds. For the guest room, she was inspired by the colors in a botanical print series. The peach, olive, and navy palette, capiz-shell pendant light, and raffia nightstand will create an elegant, kitsch-free beachside haven.

"I want this bedroom to be a soothing retreat with soft colors."





Erin's Plan

SHELL YEAH!
A pendant light made of capiz shells brings a diffused glow.

SWANKY SLEEPER
A velvet headboard will give guests five-star-hotel vibes.

HOOKED ON STORAGE
In a room with a small footprint, a peg rack will provide ample hanging storage. "When I stay in a hotel, I always wish there were more hooks," Erin says.

PEACHY KEEN
The peach wall shade is calming and sophisticated—perfect for a guest room—and will accentuate the cool olive and navy tones in the decor.

HOLDING PATTERN
Trendy checkerboard is one of Erin's favorite patterns. Graphic and versatile, it plays well with other design styles.

TO BUY: Capiz Honeycomb Pendant, $898; serenaandlily.com. *Tropic Toucan I* and *Tropic Toucan II* by Stefanie Lane, from $38; minted.com. Lotta Bed in Royale Apple, from $2,651; joybird.com. Blake Raffia Nightstand, $1,298; serenandlily.com. Sadie Wall Hooks, from $30; westelm.com. Valspar Paint in Peach Champagne, from $26 per gallon; lowes.com. Irregular Checkerboard Rug, from $498; luluandgeorgia.com.

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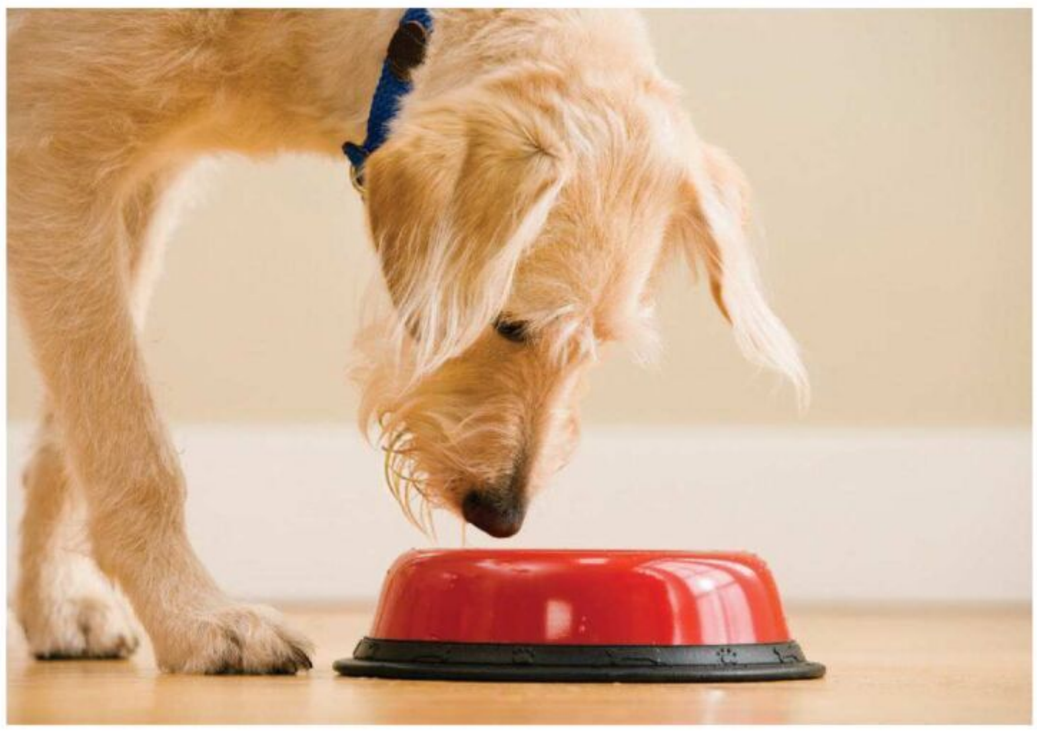
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Pet Puzzler
How to Fix Food Aggression

BY JUNO DEMELO



THE PROBLEM

"My dog guards his food like it's the Hope Diamond. How can I get him to chill out?"

THE PRO

Michael Shikashio is a certified dog-behavior consultant and dog-aggression expert in Noank, Connecticut.

WHY YOUR DOG DOES IT

This is called "resource guarding," and it's totally normal. It can get worse if you try to quash it by snatching away his kibble. After all, you'd be pretty peeved if your server kept grabbing your plate at a restaurant.

HOW TO FIX IT

Dogs are naturally inclined to protect their food—that instinct serves them well in the wild—but they can learn to be more comfortable with people at mealtime.

To keep him from biting the hand that feeds him, start by standing about 10 feet away while he eats and tossing a small piece of hot dog, cheese, or anything "higher value" than kibble near or in his bowl. Walk away for a few seconds, then return, toss another treat, and repeat. Give 10 to 20 treats per meal (you'll need to cut back on food accordingly).

Watch him as you do this. If he seems stiff or starts eating faster, you're too close. But if he wags his tail or moves toward you in a happy way, you can inch closer.

Now, back to that restaurant analogy, your dog should soon see you as a magical server who keeps refilling the bread basket and welcome your presence. ■

GETTY IMAGES

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THE POWER OF LESS

KICK YARD WORK TO THE CURB

Save time and supplies—and avoid blisters and backaches—by easing up on landscaping chores. Bonus! It's good for the earth too.

BY JESSICA DODD

EVEN AVID GARDENERS will admit that yard work can feel like a never-ending chore cycle. Every season brings a new set of tasks—planting in the spring, raking in the fall, weeding pretty much anytime you see those suckers—and all that lawn maintenance doesn't take a toll just on your back and knees. The EPA estimates that Americans generate more than 35 million tons of yard trimmings a year. And up to half of the water we use outdoors goes to waste, experts believe, partly due to evaporation and runoff. The good news: Small changes can ease the burden on both your to-do list and the planet. Time to get down and dirty!

Illustrations by Marisol Ortega

Get to Less

WATERING

Your yard can be a thirsty beast—but it doesn't have to be. Look for flowers and plants that are native to your area, advises Linda Ly, founder of the gardening blog *Garden Betty*. "Once they're established, these plants often don't need much supplemental watering," she says, so you can roll up the hose and let the rain do its thing.

And if you dream of an Emerald City–like lawn, you can have one even without grass, says Jennifer Smock, a horticulturist in Doniphan, Missouri. Plenty of plants offer a similar carpet effect but require less water. Consider the ornamental grass carex, or try clover as ground cover because it stays fairly short (less mowing!).

When you give your yard a drink, do so in the early morning or after sunset to avoid losing water to evaporation. And don't water your lawn just because it's hot out. Step on the grass—if the blades bounce back, they're not thirsty.

Don't water your lawn just because it's hot out. Step on the grass—if the blades bounce back, they're not thirsty.

WEEDING

Though chemical herbicides are designed to target weeds, they can also be toxic to people and wildlife. Whenever you can, avoid using chemicals and focus on prevention: "Open spaces invite weeds, so if you limit those areas, it reduces the number of weeds that can grow," Smock explains. Ly likes to space plants so closely that their leaves touch. Then she smothers any weeds that sprout up with a heavy layer of organic mulch, like straw or wood chips. (Bonus: Mulch helps soil retain moisture.) A low-maintenance ground cover can also conceal gnarly greens; check with your local garden store about native options for your growing zone.

To attack unwanted plants, use a hand weeding tool, like a hori-hori knife. Pierce the soil about one to two inches from the root, push the sharp edge of the tool down, and pull up, extracting the offender and, more importantly, its root system.

RAKING

Your neighbors may be lining up brown bags of leaves for garbage collection, but expert gardeners let themselves off the hook. Decomposing leaves are actually great for your lawn and can even improve your soil's health. Run your mower over the leaves to shred them and help them break down. "They'll decompose over the winter and act as a soil enricher," Smock says. Shredded leaves also make for great mulch, she adds, so if you're not going to use them in your garden right away, cordon off an unobtrusive spot in your yard for a leaf pile. Allow the leaves to decay over the winter, and mix the soggy mush into your garden's topsoil come spring. ■



IF YOU DO JUST ONE THING

Stop using the gas-powered leaf blower—it can emit pollutants. In California, small engines (like the ones in landscaping machines) pump more smog-causing pollutants into the atmosphere than the 14.4 million cars (!) in the state, according to a 2020 study by the California Air Resources Board.

EXTRA CREDIT

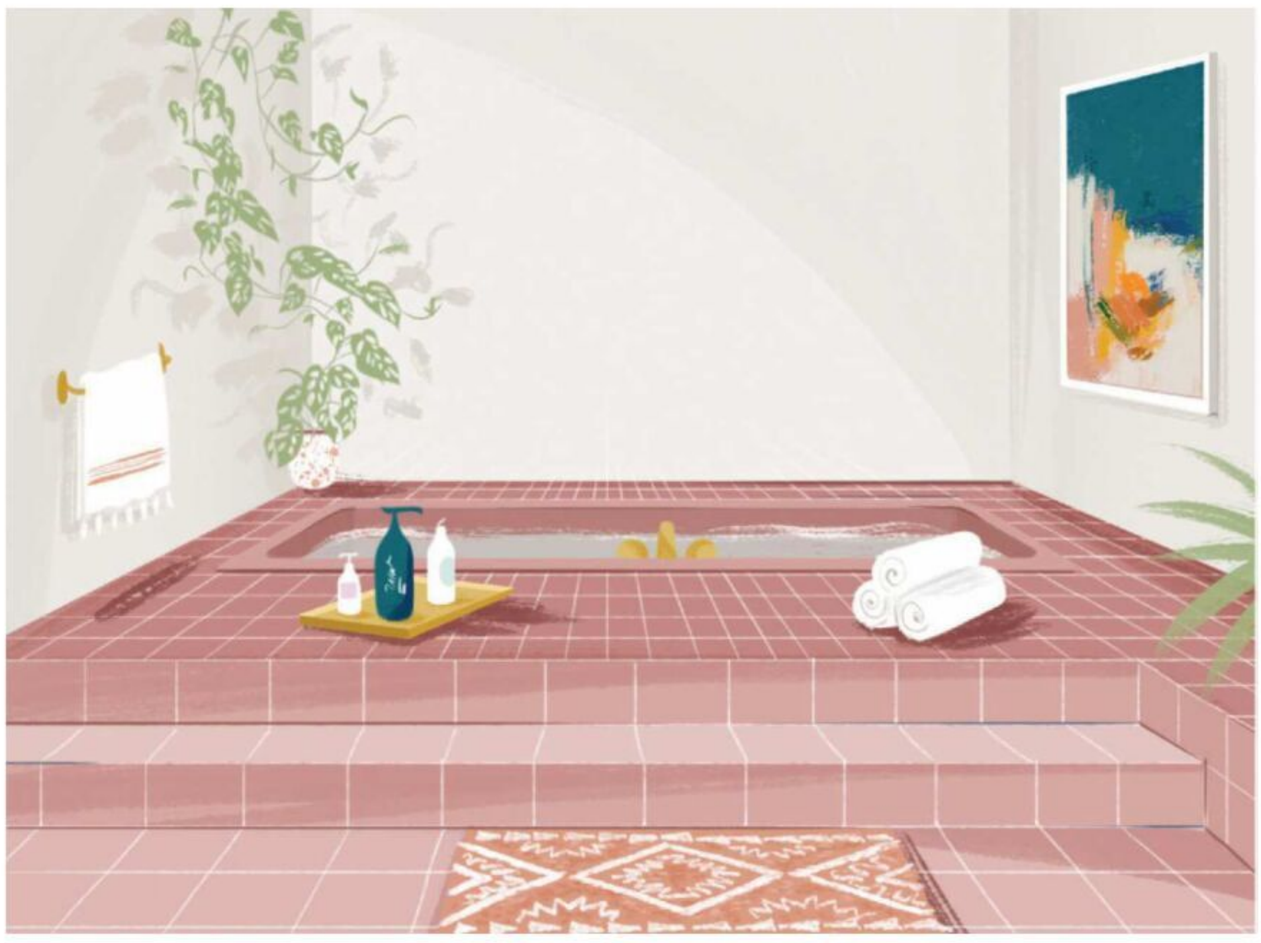
To efficiently quench flower beds and potted plants, install drip irrigation—hoses and tubes that deliver water directly to the soil. Ready-made kits are available at many garden centers, and once you learn the basics, you can use professional-grade nozzles designed for containers.

ROOM Rx

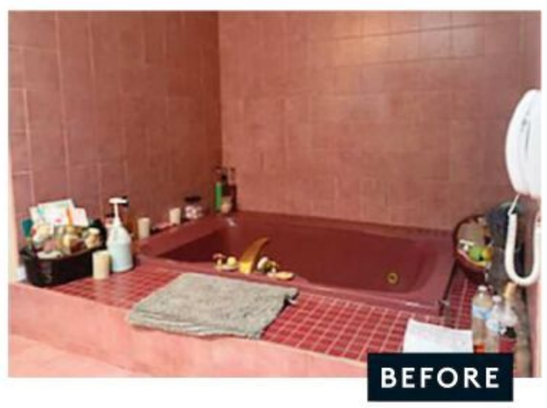
All the Right Mauves

Designer JULIE ROOTES gives budget-friendly tips for bringing a very dated—and very pink—bathroom into 2022.

BY ERICA FINAMORE



Q: I'd like to modernize my bathroom, but I'm on a tight budget. The sunken tub is oversize and outdated, and all the mauve tiles are not helping. How can I revamp it without renovating?
—Felicia, homeowner in Chicago





1

TWEAK WITH TEXTILES

Since this room has such a strong color palette, opt for white or cream towels to lighten up the space. A fun printed bath mat will break up the wall-to-wall tile. **TO BUY:** Sienna Kilim Bath Mat, from $39; urbanoutfitters.com.



2

REFRESH WITH PAINT

A cool white paint will contrast with the warm color of all that tile—and make the room feel bigger and brighter. **TO BUY:** SuperPaint Interior Acrylic in Snowbound, $77 per gallon; sherwin-williams.com.



3

HANG SOME ART

An abstract painting brings a pop of color to a monotone room. For a high-humidity zone like a bathroom, go with an aluminum frame that can withstand moisture. (Wood can warp.) **TO BUY:** *Boat Dock* by Caryn Owen, from $24; minted.com.



4

DISPLAY ON A TRAY

Get rid of bath products you don't use and corral the rest on a brass tray. Its gold tones mimic the bath hardware and freshen up the look. **TO BUY:** Foundations Metal Tray (large), $46; westelm.com.

Submit your own design dilemmas to **room.rx@realsimple.com.**

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Illustration by Babeth Lafon

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FOOD

Fab Frozen Treats

We tested 45 ice cream novelties—somebody had to do it!—to find the sweetest licks for summertime, or any time.

BY LIZZY BRISKIN

Photograph by Ted + Chelsea Cavanaugh

PROP STYLING BY MARINA BEVILACQUA

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Best Mini

Magnum Dark Chocolate Truffle

These petite treats will satisfy your sweet tooth in just three bites, thanks to a thick and decadent dark chocolate coating and ganache-swirled filling. **TO BUY:** $4 for 6; at grocery stores.



Best Cone

Blue Bunny Strawberry Shortcake Load'd Cones

Fluffy ice cream is ribboned with gooey jam and studded with tender shortcake bites in these kid-approved treats. Whipped cream on top seals the deal. **TO BUY:** $6 for 4; at grocery stores.



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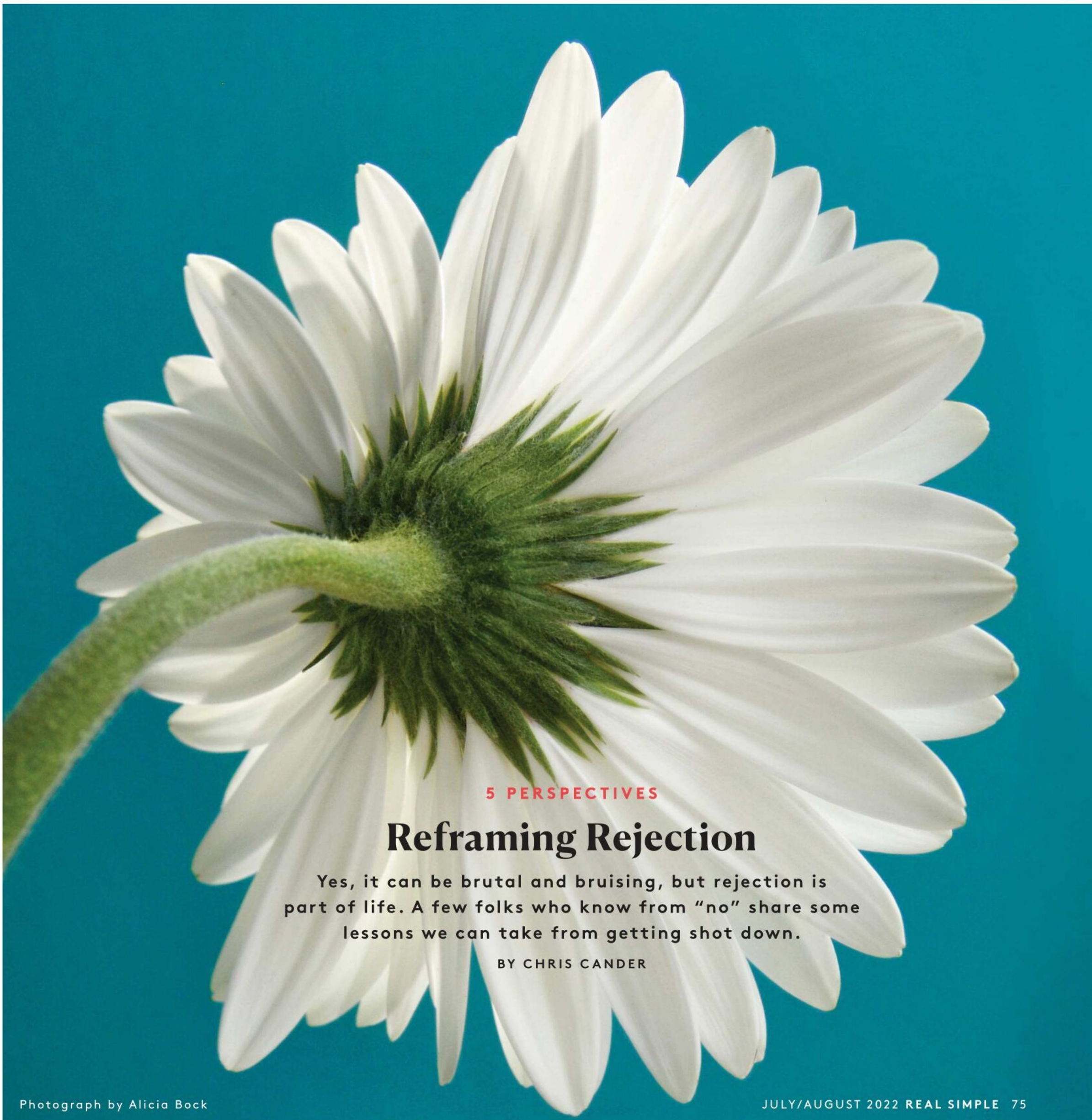
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LIVES



5 PERSPECTIVES

Reframing Rejection

Yes, it can be brutal and bruising, but rejection is part of life. A few folks who know from "no" share some lessons we can take from getting shot down.

BY CHRIS CANDER

STOCKSY

Photograph by Alicia Bock

1

Go looking for it.

"For 100 days, I put myself in situations where I'd be turned down. I asked a cop if I could drive his car, I tried to make my own sandwich at Subway, I invited a stranger to dinner, and more. Those rejections became less painful over time, and I discovered I could turn a negative into a positive simply by asking, 'Why not?' I used to assume a rejection was a reflection on me, but I know it's usually for other reasons—the timing isn't right, or there's no room in the budget. By asking for more information, I feel better than I would if I just walked away."

JIA JIANG, AUTHOR OF *REJECTION PROOF: HOW I BEAT FEAR AND BECAME INVINCIBLE THROUGH 100 DAYS OF REJECTION*

2

Treat it as a stepping stone.

"Rejections don't go on your résumé, but they are part of every successful person's career. In my previous job at Smith College, I worked incredibly hard to establish a center that focused on work-life balance. When a new administration decided to change the center's direction, they hired an outside candidate to lead it instead of rewarding me with the position. I was crushed, but I decided to stay at the college and ended up in a role created for me. I'm happier now than I could've imagined, and I've learned not to think of rejection as a devastating end, but as a useful step on the path to a new beginning."

JESSICA BACAL, EdD, EDITOR OF *THE REJECTION THAT CHANGED MY LIFE*

Rejections don't go on your résumé, but they are part of every successful person's career.

3

Revise, revisit, repeat.

"I processed the trauma of losing my friend Stacey in the September 11 attacks by writing a memoir. The first iteration was rejected by every publisher I sent it to. I was so humiliated. But I assumed that if I worked hard enough, I'd sell it. Even as I struggled, I didn't stop trying. Nearly 20 years after that first rejected draft, my memoir is finally being released. I needed that time and experience to make this version of my story the best it could be."

ZIBBY OWENS, PODCASTER, PUBLISHER, AND AUTHOR OF *BOOKENDS: A MEMOIR OF LOVE, LOSS, AND LITERATURE*

4

Focus on the endgame.

"What could put you at risk for rejection more than searching for a partner online? It's like high-stakes dress shopping: You look at hundreds of options before you're ready to check out. If my clients want a great relationship, I remind them to stay attached to *that* goal rather than to any one person. If the gown you thought was fabulous turns out to be torn or ill fitting, you wouldn't insist on wearing it, right? You keep shopping until you can confidently say yes to the dress."

DAWOON KANG, CHIEF DATING OFFICER OF THE DATING APP COFFEE MEETS BAGEL

5

Don't take it personally.

"Years ago, a group of my interns took turns introducing themselves to a senior colleague of mine. As they spoke, he interjected critiques: 'You're rambling,' or 'This doesn't make you sound interesting.' The students took his comments personally (a few even cried). It taught me that leaders should focus their feedback on the work, not the individual. This is called 'process criticism.' Praise should be offered in a similarly detached way. And the person being reviewed should separate their ego from the message. It's natural to feel hurt, but if you focus on the constructive aspect of criticism, it can be a growth opportunity."

ANGELA DUCKWORTH, PhD, COFOUNDER AND CEO OF CHARACTER LAB, A NONPROFIT EDUCATIONAL RESEARCH GROUP

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THE HELPFUL MIND

Got Game?

Turns out, playing isn't just for kids—it can lower your stress, boost your creativity, and strengthen your relationships. Learn the most beneficial ways to get in on the action.

BY JENNIFER KING LINDLEY

DURING THE EARLY days of quarantine, when most of us were fretting and stress baking, my friend Jessica Cerretani coped by escaping to another world. She spent weekends restoring her childhood dollhouse to suit her adult fancies—covering its walls in ornate floral papers, etching titles on the tiny spines of folded-cardboard books, even fashioning mini loaves of sourdough from clay. I raptly followed her progress on social media, wishing I could curl up on the living room's wee faux-zebra-fur chaise myself. "It was a time-out from work deadlines and the anxiety of the pandemic," she told me. "Hours would pass. I'd look up and think, 'I should cook dinner. But first let me design one more thing.' As I worked, I'd imagine the people who lived there, a couple who loves to travel and bring back treasures."

As a grown-up, you may not remember the last time you whiled away the hours building imaginary worlds. But the need to play is something we never outgrow. Witness the popularity of escape rooms, adult coloring books, and even midlife summer camps, where 40-year-olds play Capture the Flag. And though it would be enough to have a blast for its own sweet sake, playing has serious benefits for mental health.

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So What Is Play, Anyway?

Think of play as a fun form of mindfulness. "I consider play any joyful act in which you forget about time. It has no purpose and no intended result. You're immersed, fully present in the moment," says Jeff Harry, a play coach (yes, this is a thing) in Oakland, California, who consults with businesses to aid team-building through sanctioned goofing off. "Play looks very different for everyone," he says.

Stuart Brown, MD, founder of the National Institute for Play, identified eight "play personalities," and says most people lean toward one type:

THE JOKER has never met a pun (or whoopee cushion) they didn't like.
THE KINESTHETE is a mover and shaker who's always up for pickleball.
THE EXPLORER loves discovering new places and activities, whether by traveling abroad or roaming the neighborhood.
THE COMPETITOR will absolutely throttle you at Scattergories.
THE DIRECTOR is the consummate party and group-activity planner.
THE COLLECTOR is a curator—of comic books, antiques, or anything that brings joy.
THE CREATOR/ARTIST wields a mean glue gun.
THE STORYTELLER is happiest when they're telling an anecdote or getting caught up in an imaginary world.

Unlike kicking back with a bottle of wine and *Bridgerton,* play requires active engagement, whether you're rehabbing a dollhouse or competing in pickup soccer. *Animal Crossing* and other video games can be considered play, notes Brooke Feeney, PhD, a psychology professor at Carnegie Mellon University, "if you approach them with the goal of having fun, and you're enthusiastic and in the moment." But if the screen has just become a place to mindlessly park your eyeballs, think about the IRL fun you might be crowding out, says Melody Wilding, an executive coach and the author of *Trust Yourself: Stop Overthinking and Channel Your Emotions for Success at Work.* If you weren't spending so much time hanging out with the Sims, would you be able to meet up with a real-life friend and laugh your faces off?

Most of adult life is about doing things efficiently and effectively—check, check, check, check, check. Play, by contrast, is usually about process more than result. During play, you might make up fanciful stories with your kids about a unicorn who drives a monster truck. "Everyday rules are suspended," says Gemma Soldati, an actor and clown based in Somersworth, New Hampshire. "Failures don't matter in the same way, so you can take risks. Think of the eternal optimism of the clown—something goes wrong, she trips, the sink floods. Then she thinks, 'Wait, I have an idea!'" That kind of out-of-the-box thinking turns play into a highly creative state. (Scientists Francis Crick and James Watson are said to have helped puzzle out the structure of DNA by fashioning models out of cardboard cutouts.) Play can also help us enter the coveted state of flow, in which we become so absorbed we lose track of time.

Are You Having Fun Yet?

When we're kids, play comes naturally. (Many mammals appear to play, and some crows play with bottle caps and other treasures.) Playing house and climbing trees help kids learn about themselves, one another, and the world. When we're teenagers, our form of play changes, notes Xiangyou (Sharon) Shen, PhD, an assistant professor at Oregon State University's College of Forestry who studies the social psychology of leisure. We no longer spend hours perfecting bike stunts or building Lego fortresses, but we may bring a playful mindset to our everyday activities—like pretending to be one of Lizzo's backup dancers while blow-drying our hair.

DOUBLE PLAY

Being playful might improve your marriage. "Adults often describe the most enjoyable aspect of their romantic relationships as interactions in which they play with their partner," Feeney notes. When researchers asked married people what they'd miss most if their relationship dissolved, the couples often talked about their daily goofing around. "Highly satisfied couples describe play as essential to their relationship, even more important than sex," Feeney says. "In play, partners build reservoirs of positive experience from which they can draw during times of conflict." Though libidos may wane and tempers may fray, inside jokes never die.

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"Playful adults can recast all kinds of situations to find amusement," Shen says. "They're more emotionally adept and socially connected and better able to cope with stress. Overall, they often report higher well-being and life satisfaction."

For adults, taking fun seriously can feel silly, even selfish. (Who are you to Hula-Hoop the afternoon away while the laundry piles up?) We're rusty, self-conscious, afraid we'll look dorky on roller skates—or we're no longer sure how to have fun in the first place. "A lot of women tell me, 'It's been so long since I've allowed myself downtime, I don't even know what I enjoy doing anymore,'" Wilding says. But no matter how stodgy you might feel, you can always find ways to play. Here's expert advice on how.

CHANNEL YOUR 10-YEAR-OLD SELF Think about what you most loved to do as a kid, the stuff that was a total blast. Then find a version of it you can do now. "We all have certain play values. You might have loved playing tag," Harry says. Bring the same basic elements into your adult life by hitting up a laser tag venue with friends. Were you an avid tree climber? Give a rock-climbing gym a whirl.

START SMALL If you feel guilty about taking time to play when email beckons, allow yourself small doses, Wilding advises. "I'll give clients homework: 'Spend 10 minutes this week doing something just for fun.' One of my clients found flower arranging captivating and creative. They come back energized."

Think about what you most loved to do as a kid, the stuff that was a total blast. Then find a version of it you can do now.

GET INTO A GROOVE Music and movement can jump-start a more playful attitude, says Toni Bergins, founder of JourneyDance, a program that combines freestyle and structured movement. "A danceable beat can get us out of our minds and back into our bodies, and it immediately lifts our mood," she says. "Make the kitchen your favorite place by creating a cooking dance mix."

EMBRACE INCOMPETENCE The great thing about play is that you're allowed to make mistakes, says Yesim Kunter, a London-based play consultant and futurist for Hasbro and other toy companies. Experiment with pleasurable pastimes that have no correct answers. "I started doing watercolor paintings, and I love it, even though I'm not an accomplished artist," she says. "I'm doing it in a relaxed way, and process is more important than progress." At work, she keeps colored pens and markers on her desk for quick doodling breaks. "These short time-outs might help me come up with a new idea—or not. I release my expectations."

GO OUT FOR RECESS Spending time outdoors can rev up your spirits and your energy, so let yourself out for recess. If the word "recess" conjures flashbacks of being trapped on a blacktop with the mean-girl crowd, fear not, says Brady Gill, co-owner and program director of Custom Camps, which creates retreats and off-site programs for companies and teams: "Recess can be anything you want—you could do some gardening or jump on your neighbor's trampoline." Connecting with nature for just 20 minutes can help lower stress hormone levels, according to a 2019 study in *Frontiers in Psychology*.

SURROUND YOURSELF WITH PLAYFUL PEOPLE Hang around with folks who bring out your fun side. Kids, the consummate play experts, are often great inspiration. "I have two very playful boys," Shen says. "We often wrestle or play a game called Wooden Man in which we freeze—games from my own childhood."

INVITE OTHERS Playing with others can be a powerful way to connect. In her workshops, Soldati gets out a huge jump rope, and participants try to gradually jump together. "When you play, you're revealing your inner child, which can make you vulnerable," Harry says. "People respond to that." ■

LUCKY FOR YOU, THERE'S NOTHING TO DO HERE.

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HONESTLY IT'S NOT FOR EVERYONE



FAMILY

How to Make Blockbuster Family Videos

Experts offer tips that will turn your camera roll from snoozy to cinematic.

BY KATE ROCKWOOD

THANKS TO THAT COMPACT little supercomputer you carry in your pocket at all times, capturing videos of your family has never been easier. The hard part? Recording anything anyone will want to watch again. (Why were you compelled to record five blurry, bandwidth-chomping minutes of your kid feeding the ducks?) If your clips are riddled with shaky camerawork, shadowy faces, and cranky subjects—or if they're just plain boring—try these tricks to turn home movies into tiny works of art.

BEFORE YOU HIT RECORD

Follow the Feelings

For video that plays like a visual scrapbook, you want footage that shows feeling. Think about exactly what you want to preserve in that moment. Is it the sound of your kids giggling in a pillow fort? Move within one or two feet so you can record them with less background noise. Is it the sweet sight of your mom's hand holding your preschooler's? Crouch down to shoot a close-up. "Don't just film because you think other people will want to see something. Capture the moments of authenticity—what feels special in your heart or inspires you," says Tim Frost, who during the pandemic gained national attention for the short, sweet, everyday films he made featuring his son, Odin (see them on Instagram at @allthingsfrost).

Illustrations by Abbey Lossing

Resist the urge to orchestrate:
Don't ask people to look at the camera
or smile, and minimize narration.

Stay Sideways

TikTok has helped make vertical videos the norm, but landscape mode wins when it comes to watching home movies on a big screen, like your TV or monitor. When you hold the phone horizontally, you can also fit more in the frame, meaning you won't have to move around as much (creating potentially chaotic footage—and inadvertent motion sickness).

Frame with Flair

If you always default to centering your family member in the frame, your videos may seem flat and repetitive. Instead, "look for geometric lines in your surroundings, like the shoreline or a towering tree trunk, and line up your phone with at least one of them for visual structure," says Emily Mitchell, founder of Everyday Film School, an online school for novice photographers, and Reely, a video-editing app. Or mentally divide your frame into thirds, and film your loved one in an outer third rather than smack in the center.

Let There Be Light

Avoid dark, shadowy indoor shots by turning on every light and opening the curtains and blinds. If you still need to amp up the illumination, experiment with your flash (tap the lightning bolt on the video screen of your phone). Make sure not to film anyone directly in front of a bright window, as the backlight will drench them in shadow. Put *your* back to the window, so your subject is facing it and bathed in light from the front. You may be tempted to pull out that ring light you use for Zoom calls, but skip it: Ring lights cast a flattering glow if your subject is sitting still and talking directly to the camera, but otherwise they're clunky to use. If you're trying to capture life as it unfolds, take advantage of as much natural lighting as you can.

WHILE FILMING

Keep It Short

You want a three-minute video of the best family road trip ever, but that won't happen in one long shot. Great videos are built from a collection of clips, some longer (in video world, that means about 30 seconds) and some supershort (2 to 10 seconds). Don't worry—the right editing software makes it simple (more on that on page 86). "The goal is to evoke deeper, sentimental memories. Maybe a few moments of a pair of little kid shoes playing hopscotch will do just that," says Kalee Isbell, founder of the video-editing service Isbell Family Films. Create a folder on your camera app to file all these short vids so you can find them without a scrollfest.

Stay Up Close and Personal

If you want a closer look at your subject, don't rely on the zoom function, which can make video blurry. Move toward them (hold your elbow against your side to keep your phone steady as you walk) or try to stay put. "The simplest way to take your videos from dizziness-inducing to professional is to hold your camera still and let your subjects move through the frame, rather than following them," Mitchell says.

Don't Be a Diva Director

"Trying to construct happy moments never works out," Mitchell says. "It annoys your family, and that shows." Resist the urge to orchestrate: Don't ask people to look at the camera or smile, and minimize narration as much as possible. Often the most heart-tugging clips are the ones where very little is happening, on-screen, anyway: Grandma reading to her grandkids, your baby's gummy smile while eating Cheerios, your leggy teen kicking up sand as they stride toward the water. "One of my favorite videos is of my daughter at 2 years old eating a huge



Clips that capture atmosphere and surrounding details (what videographers call B-roll) can make a big difference.

bowl of guacamole," Isbell says. "It's her favorite food, and the pleasure she shows in having it all to herself—her facial expressions, her voice—evokes all these nostalgic feelings." The more you take off your director's cap and just film, the more comfortable your family will be acting like themselves.

Embrace B-Roll

When you're using video to tell a story, clips that capture atmosphere and surrounding details (what videographers call B-roll) can make a big difference, Isbell says. For a family beach trip, that might mean shooting the beach entrance sign, the sunset, or the waves lapping at the sand. This task is fun for kids too—just remind them to hold the phone as steady as they can.

AFTER FILMING WRAPS

Set Up a Filing System

Organization is what separates a bunch of random clips from a collection of memories. Your system doesn't have to be complicated: Create folders for events (graduation, Disney trip, school mornings) or simply label them by month. Cloud-based storage, like Apple's iCloud, Google Photos, or Amazon Photos, makes it easy to automatically back up your videos so you can delete them and save space on your phone, but you should also back them up on an external hard drive.

Learn to Edit...

Beware: Many free video-editing apps shrink the files so much that the image quality is destroyed, says Caleb Morgan, owner of Spectacle Photography, a photo- and video-editing service. For a desktop option that's both powerful and user-friendly, check out OpenShot. It's free and can be used on an Apple or Windows desktop. Even newbies can play around with visual effects (remove backgrounds, adjust brightness), a title tool (use a template or make your own), slow motion, audio mixing, and other features. "For anyone new to editing video, it's a great tool for learning," Mitchell says.

Or Hire a Pro

If "edit our 13,287 spring-break clips into a video" is languishing on your to-do list, do yourself a favor and outsource. The Reely app lets you upload up to 10 minutes of video clips directly from your phone. Then a professional editor whips together an archive-worthy video. For longer films or more footage, check out services like Isbell Family Films and the Wonder Reels, which can turn dozens of clips into family-video keepsakes, complete with musical score. ■

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Modern Manners Advice for Your Social Quandaries

BY CATHERINE NEWMAN



L.C. ASKS...
My family has a lot of backyard parties, and we like to invite our relatives and friends from work. Our next-door neighbor often comes uninvited, and we don't really want him there. Is there a polite way to handle this?

"Um, did our invitation get lost in the mail?" my husband and I joke whenever we see a neighbor having a party. (We'd never actually show up uninvited, though.) You get to control who ends up in your yard—but that's easier said than done. Your neighbor might be lonely, or come from a neighborhood culture where outdoor parties are always inclusive. He may need people to set boundaries for him, and he might be mortified to find out he hasn't been wanted all this time. Like I said, it's tricky. Maybe you can create a clearer distinction between included and not: Let him know about your next party by saying, "We're having some work friends over on Friday—I hope it's not too noisy! Later in the summer we'll have a bigger gathering, and we'll be sure to invite you." And then do.

F.K. ASKS...
I have a friend I've known for over 20 years. We've been close on and off, depending on how busy our lives are. I was aware she and my sister-in-law knew each other, but recently they went on a trip together. All of a sudden, they're best friends, and I've been left out. They're both happily married and settled in large homes, and I'm a single mom trying to keep it together. I feel like I'm always forgotten, just because my life situation is different from theirs. What should I do?

I'm sorry. Nothing hurts quite like being excluded. Plus, it sounds as though these women have more resources than you, and can make plans that might be a stretch for you, which also sucks. There isn't really anything to do about someone else's friendship, except to honestly experience your sad, left-out feelings. What *is* in your control, though, is making an effort to connect. You can reach out to each of them with an invitation to spend time together individually, or you can see how it feels to get together as a trio. And you can focus energy on other friendships—the ones that make you feel loved exactly as you are.

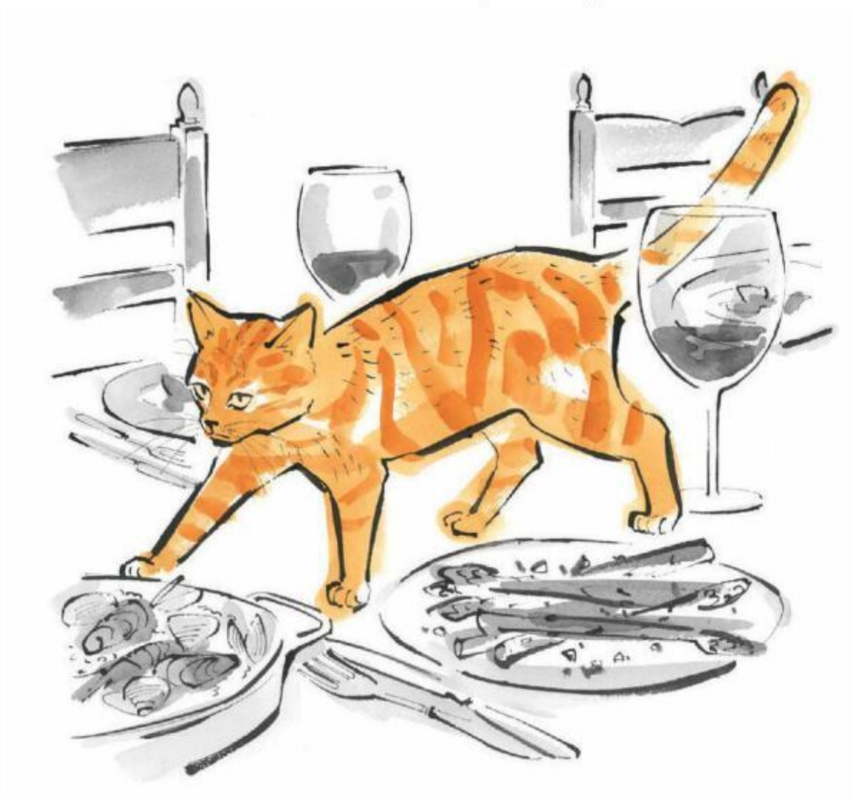
HAVE AN ETIQUETTE QUANDARY?
Hover your phone's camera here to submit your question, or send an email to **modernmanners@realsimple.com.**

Illustrations by Yoco Nagamiya

K.T. ASKS…

When we're at our friends' place for dinner, their cat jumps up on the table, and she walks around our food while we're eating. This feels unsanitary to me. Can I say something to them about it?

If you're a friend of my family and you're talking about us, I'm sorry! We pet owners are a strange breed. We share ice cream cones with our dogs and kiss our cats (even though, yes, they've been traipsing through the litter box). According to the CDC, cats can spread diseases, so your concern is not unwarranted. If I were you, I would scold the cat comedically—"Do they let you act like this at home?"—before gently plucking her from the table, and I'd hope this would cue my friends to my discomfort. But feel free to say something more direct: "I'm sorry, but it weirds me out when the cat is on the table. Can I put her on the floor?" If they feel judged at all, it should be only mildly.



The best we can offer in situations that challenge privacy—thin walls, close quarters—is a robust effort to protect it.

G.S. ASKS…

We live in a duplex with thin walls. A few years ago, we'd hear our neighbors fight very loudly about whether the husband was cheating. At one point the cops arrived and arrested him. He returned a few days later, and we haven't heard them arguing since. Two weeks ago, from my kitchen, I saw the husband sneak a woman down the back stairs while his wife was at church with their children. Do I pretend not to have seen anything, or do I say something to the wife?

Unless you hear signs of violence or abuse, I don't think you should say anything. The fact is, you really don't know that much about what you saw, what it means, and how it fits into these people's lives. (Maybe they're in an open marriage. Maybe that woman was his sister.) The best we can offer in situations that challenge privacy—thin walls, close quarters—is a robust effort to protect it. This means minding your own business. And it means making as few assumptions as possible about what you can't help overhearing.

G.B. ASKS…

My son and his wife recently hosted a small family brunch after their baby's baptism, and I volunteered to help. My daughter-in-law asked if I could bring an egg bake, which I agreed to do. A few days later, my son asked me to bring *two* egg bakes. I was surprised, but said of course. Turns out, her sister brought fruit, her mom brought doughnuts, and she said, "I delegated all the food." I was raised to believe that the host should supply the majority of the food. How should I express my disappointment?

You shouldn't! You can (if you must) feel disappointed that your son and his wife host differently than you do, but you don't need to express it. Plus, they have a baby, so try to cut them a little slack. It's a lot of work to organize a party, with or without the cooking—and nap time never lasts long. One useful takeaway from your experience: Don't offer to help if you're going to be resentful when someone takes you up on it. (But I bet everyone enjoyed those egg bakes.)

ABOUT CATHERINE

The author of *What Can I Say? A Kid's Guide to Super-Useful Social Skills to Help You Get Along and Express Yourself,* Catherine Newman gets advice from her husband and two opinionated, largely grown children in Amherst, Massachusetts.

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ROUNDUP

The Moment That Changed Everything

It's a light bulb, a lightning bolt, an aha. Sometimes you recognize it as it happens. Other times you only perceive it in hindsight. Either way, it's a split second that ripples out over the course of your life. Here, 12 people share theirs.

BY SARAH Z. WEXLER



The Moment I Dared to Travel Alone

When I was growing up, we didn't do many family vacations. Because of this, my suppressed wanderlust was ready to pass Go and collect passport stamps as soon as I could travel on my own. I loved taking trips and was lucky to have a group of friends who did too. But as we got older, our schedules started to fill up, and priorities shifted to work and significant others. Last spring, I found round-trip tickets to Nashville for $85. Rather than try to rally a group, I simply let my gals know my travel plans—if anyone could swing it, great, but if not, I was going. And go (solo) I did! That trip was a turning point for me. I no longer wait for the right time or the right occasion to pack my bags. When the feeling strikes, I book the flight.

LISA DeSANTIS, REAL SIMPLE'S DEPUTY BEAUTY DIRECTOR

Illustrations by Anne Bentley



The Moment I Was Comfortable Calling Myself an Author

In 2008, I was working in book publicity when I published a book of my own, *I Was Told There'd Be Cake*, a collection of personal humor essays that became a hit. This was back when those words were an oxymoron. With the exception of Nora Ephron, the successful practitioners of the form were all men named David. One Bill. What I broke was more a water glass than a glass ceiling, and mostly because I kicked it while doing cartwheels. I was in a café in Seattle when I found out it became a best-seller, and I screamed so loudly, I had to explain myself to the barista, who gave me a vegan pumpkin muffin.

Then I went to Hollywood, where I took a million meetings about turning the book into a TV show, and bombed them all. First, I left my garment bag on the plane and found that the only store open in Los Angeles at 9 a.m. was a discount suit emporium. A vision in oversize polyester, I sat in the waiting room of Major Network Number 5, making small talk with a receptionist. She told me "they" were ready for me and escorted me down the hall. After she left, I realized: She'd sent me to human resources. The way I carried myself was giving everyone from receptionists to executives the impression that I was applying to work *at* the company, not *with* it. That was the moment I knew that it was time to let Writer Me take the wheel, that I shouldn't be afraid of a creative life spent telling my own stories.

Eventually, I found my way to the correct room. Where I bombed that meeting too. Not everything can be an instant hit.

SLOANE CROSLEY, AUTHOR OF *CULT CLASSIC*, WHICH CAME OUT IN JUNE

The Moment I Found My Calling in Food

A mango salsa changed my life, before I'd even tasted it. It was the early 2000s, and as I boarded my flight home to New York City after visiting my parents in Denver, my mom handed me an issue of *Cooking Light* to read on the plane. I had always loved to eat but never been much of a cook—I was too focused on my job in TV production.

Midway through the flight, I started casually paging through the magazine. When I came upon a small photo of fish topped with mango salsa, I stopped in my tracks. Mango salsa! So fresh, vibrant, and—looking at the recipe—doable! It was definitely a departure from the kind of "open a can of mushroom soup" cuisine I'd grown up with. That I could prepare something so easy and full of flavor, so delicious, with my own hands in my own kitchen any night of the week was a revelation.

When I got home, I made that mango salsa, and then I kept on cooking. A few years later, I was in culinary school, and now I've written five cookbooks and made a career out of cooking.

JENNA HELWIG, REAL SIMPLE'S FOOD DIRECTOR



The Moment My Neurosurgeon Husband Was Diagnosed with Fatal Brain Cancer

Jon, my husband of four months, and I headed to Mount Sinai's emergency room in New York City one cold night in February. For a few weeks, he'd been experiencing some memory loss and intense headaches. The symptoms weren't much of a red flag, but Jon was a neurologist and knew there was a very outside chance they could signal something serious. Given that he was 28, we both figured it was nothing: We didn't even go to the hospital where he worked, because he didn't want to seem like a hypochondriac to his colleagues.

An hour after his MRI, a neurosurgery resident came in looking nervous and speaking very slowly, which was immediately foreboding. The resident asked Jon if he wanted to go look at his own scan. As I sat there waiting for him, it occurred to me for the first time that something might actually be wrong... like, *really* wrong. But why would someone give him bad news alone?

Jon walked back in and pulled the curtain around our bay in the ER. He was pale and shaking when he told me, "It's really bad." The MRI had shown a large mass deep in his brain, and Jon would need a risky brain surgery as soon as possible to remove it.

Within a week, surgery confirmed it was malignant. He had glioblastoma, an incurable brain cancer. My life will forever be marked by things that happened before February 25, 2018, and after. Out of all the hard days between then and April 17, 2020, when he died at age 30, that one was still somehow the hardest.

ERICA FINAMORE, REAL SIMPLE'S HOME DIRECTOR

The Moment I First Ran for Office

In the early '90s, an Oregon representative stepped down from her seat. Because of my background as a lawyer and women's rights advocate, I was appointed to fill it—but I would need to run for office to keep it. Then the rep who had stepped down changed her mind and put in her name to run *against* me. I had a decision to make, and I decided that the people and the issues I cared about were too important to bow out. I was the underdog by far. My opponent was well known and well funded; I was neither. But I was determined. Every single day was a sprint from dawn until dark, knocking on doors and talking with voters until I went hoarse. When the results came in, I'd won by just seven votes! (People still stop me in the grocery store today to say, "I was your seventh vote.") I've run for office several times since then. But it was that first win that cemented for me why I wanted to spend my life in public service: to make sure everyone has access to the ballot box, and because you can never count out the determined underdogs.

KATE BROWN, GOVERNOR OF OREGON



The Moment We Decided to Live in Mexico

In 1994, my husband, Bob Villier, and I went on a scuba trip in Xcalak, a small fishing village in Quintana Roo, Mexico. I loved it. Driving for hours down a remote, rutted limestone road, we saw several signs in Spanish about land for sale. Bob said, "We should write down some of these phone numbers." I said, "For what?" He said, "In case we want to buy something."

I figured this was one of those fantasy games you play on vacation that you promptly forget about when you get back to your real life. Besides, our Spanish skills were not at a level where we could negotiate, especially by phone. Then we saw one sign in English about land for sale that said "stateside contact," with a 609 area code—one we knew, because it was near our home in Philadelphia. I looked at Bob and said, "We know how to dial that number." We called, and we bought the land.

We eventually built a small resort—Casa Carolina—sold our house in Philly, improved our Spanish, and moved to the Yucatán to run the resort. We lived in Mexico for 14 years, hosting guests from 69 countries. We're back in Pennsylvania now, but we made lifelong friends with so many of them. Seeing that phone number gave us the most beautiful adventure together.

CAROLINE WEXLER

The Moment I Realized My Kid Was OK

Minutes after I gave birth to my first baby, a strawberry blond, 8½-pound boy, the doctor leaned over and whispered gruffly, "We think he has Down syndrome." A nurse swooped him away, before I even got to hold him. What should have been one of the happiest moments of my life was transformed forever. The weeks, months, and—yes, I'll admit—years that followed were a long, grief-laden pity party. Why me? Why us? I was filled with unanswered questions: Would baby Leo talk, walk, learn to read? Would he be challenged with any of the scary medical conditions often associated with his diagnosis? For about the first year of his life, I woke up every morning, rolled over, and thought, "My baby has Down syndrome. My baby has Down syndrome. And that's all I will ever think about again."

But then we moved across the country. And then we moved across the country again. We had another baby. And then—just to keep things interesting—we had twins. That baby with the scary and unexpected chromosomal anomaly slowly receded into the distance, because he became a little boy who loved to draw superheroes, read books about the solar system, and eat scrambled eggs for dinner. He became the person who showed me that we are all exactly who we were meant to be.

MAYA KUKES, REAL SIMPLE'S CONTRIBUTING SENIOR RESEARCH EDITOR

The Moment I Knew My Husband Would Always Be There for Me

I never thought I'd get married. A lot of the guys I dated were straight-up jerks who took advantage of my low self-esteem, so I had very little faith in men.

When I met Dave through a dating site, I was surprised by how nice he was. He really liked me, and I couldn't believe it. After we dated for a bit, I knew he was being genuine, but I always thought in the back of my mind, "He's gonna turn. They all do."

When he proposed in 2016, I said yes, but it took me two years to set the date for our city hall wedding, mostly because I was dealing with a health condition. I also couldn't shake the fear that he'd peace out.

A few months after our little wedding, I ran the Philadelphia Marathon. I expected to see Dave at the finish,



but he found me as I crawled through mile 24, and he ran along the barricade with me for half a mile. That's when it hit me: This guy is the real deal. Maybe I was just emotional and exhausted, but I teared up behind my sunglasses. He was cheering me on, running next to me to make sure I finished the marathon strong. It sounds corny, but I felt so loved in that moment...and I still do.

LESLIE CORONA, REAL SIMPLE'S SENIOR HOME EDITOR

READERS SHARE

THE MOMENT I RECONNECTED WITH MY MOM

At age 38, I got to hear my biological mother's voice for the first time. We talked for an hour and began our relationship, after missing so much for so long. She even learned to text! Now she's part of my everyday life, even though we're many miles apart.

@CHAMELMAN

THE MOMENT I ADDRESSED MY MENTAL HEALTH

When I started taking medication for my anxiety, it was like when I got my first prescription eyeglasses and could finally see. I couldn't believe how much less exhausted I was, thanks to not being chronically worried. Since then, I've pursued my dream job and taken so many amazing trips I would never have experienced otherwise.

@GOOD_OVER_PERFECT

THE MOMENT I DISCOVERED MY DREAM JOB

Sitting in our childbirth education class, I was pregnant and working as a high school teacher. I turned to my husband and said, "I would love to teach a class like this!" Now, six years later, I'm a postpartum doula, sleep consultant, and childbirth educator.

@LEAH.G.S

THE MOMENT I LEARNED WHAT I'M MADE OF

When my husband said he wanted a divorce, nine years ago, I thought my life was over. But it was really just beginning—I love the person I've become since then.

@MELIKARRER

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3 Ways You Can Make the World a Better Place

Moderna has led a revolution in medicine and is committed to making the world a healthier place. But you don't have to transform biotech to make a real difference in the world. Get inspired by these smart and meaningful ways you can make an impact in your community—and help make your corner of the world a better place.

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Chances are, there's someone in your community who could use a hand. Whether it's delivering a meal to a new mom or mowing the lawn of an elderly neighbor, a little kindness can go a long way in easing a neighbor's burdens.

2. Give Your Time.

Volunteer with a local organization that aligns with your passions. Love dogs? Grab a leash and walk dogs at an area shelter. Are you a bookworm? Your local library could probably use an extra set of hands to shelve books or sort donations.

3. Power in Numbers.

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Bucket List

Say aloha to the sparkling Hawaiian surf on Oahu's North Shore, or (opposite page) take a meditative stroll on Oregon's Cannon Beach.

Illustrations by Babeth Lafon

You simply haven't lived until you've sunk your toes into the sand at one (or more!) of these shore things.

BY KATIE JAMES WATKINSON

Beaches

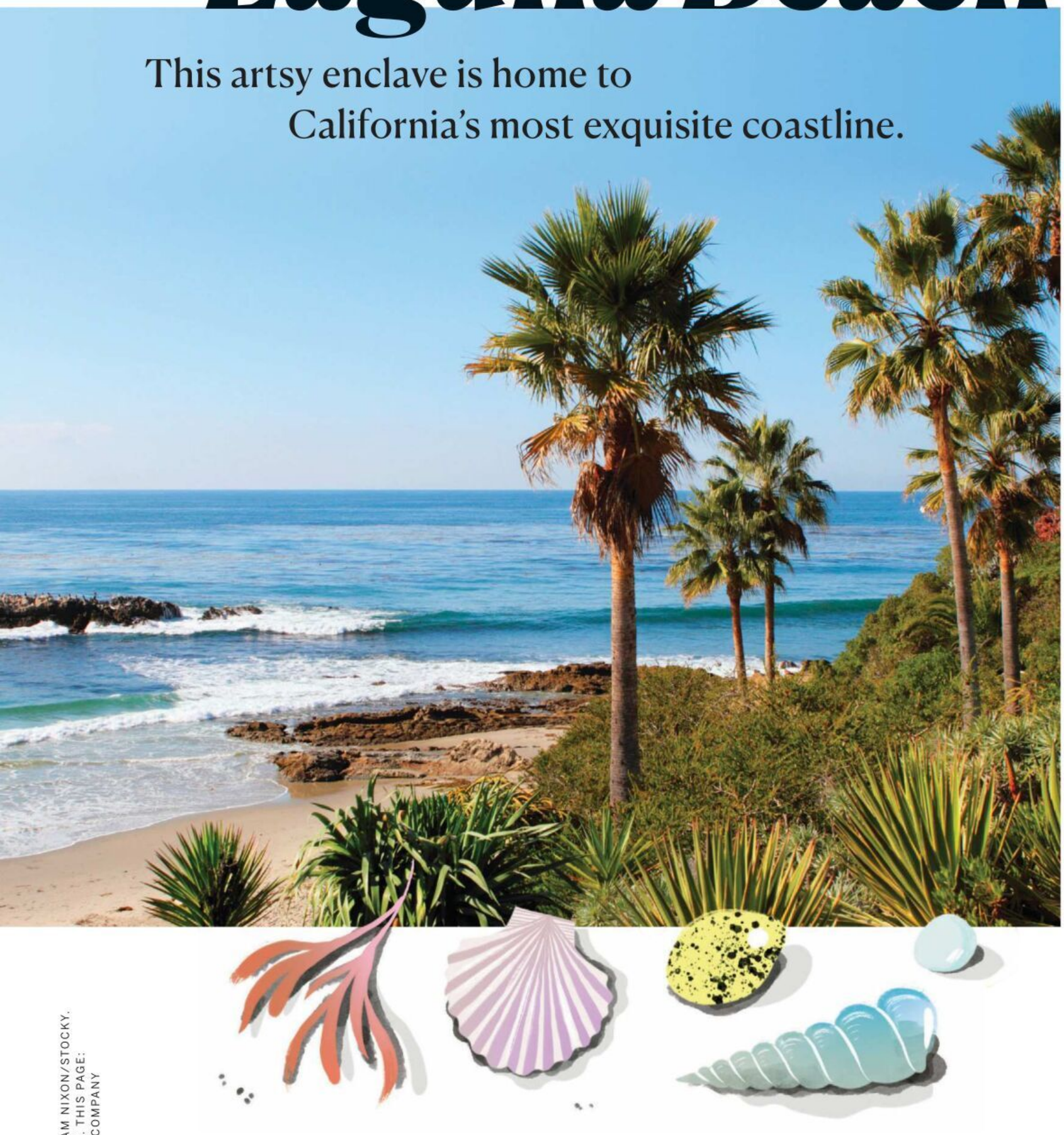
Nantucket

This tiny isle packs major Massachusetts charm.

Cobblestone streets, cedar-shingle cottages, steep Atlantic swells—prepare to swoon over this 3½-mile-wide island's camera-ready New England beauty. Stay at the Wauwinet (from $205 a night), a hotel for adults and kids 12 and up that neighbors the Coskata-Coatue Wildlife Refuge, or at Life House Nantucket (from $445 a night), a stylish bed-and-breakfast near town. Take your pick of beaches: Cisco for a lively surfing scene, Jetties for calm, sandy play. Eat at the Galley Beach restaurant for sorbet sunsets. Drive 20 minutes east of town to the secluded community of Siasconset for a quiet day on the sand. Grab lunch at Claudette's Sandwiches, then stroll Sconset Bluff Walk, a path that winds through rose-covered cottages. (Do they make an SPF that protects against real estate envy?) Rent bikes and spend an afternoon at Cisco Brewers for local beers, food truck eats, and live music. Make reservations well in advance at Cru, a waterside eatery where the lobster cocktail and oysters are worth the price tag.

Laguna Beach

This artsy enclave is home to California's most exquisite coastline.



Epic beach locales are everywhere you turn in the Golden State, but few are as quintessentially Cali as this one. Seven miles of coves, sea caves, tide pools, and sand all lie within city limits. Main Beach, Laguna's premier stretch, is an ideal spot for the kids to bodysurf while you get lost in a good book. Just down the road, Thousand Steps Beach has few crowds and a sea cave, accessible by short hike at low tide (pack sneakers or Teva sandals and a can-do attitude). Rest your head at the beachfront Inn at Laguna Beach (from $219 a night), the chic Spanish-style Casa Laguna Hotel & Spa (from $379 a night), or the splurgy, retreatlike Ranch at Laguna Beach (from $499 a night). Browse hip stores, art galleries, and coffee shops on a walk southeast from Thalia Surf Shop to Vertigo Home. Get the blackened fish tacos at Taco Loco, dine oceanside at Driftwood Kitchen, or nab a table at the historic Las Brisas.



CANNON BEACH

Take in the jaw-dropping Oregon wilderness.

Not all beaches are about sunbathing. And this one, 90 minutes northwest of Portland, will work its way into your soul with its moody skies, strong winds, and towering sawtooth monolith just offshore. July through September is prime time for the coastal city, when temperatures can top out in the 60s. Beachfront accommodations include cozy Surfsand (from $339 a night) and the budget Tolovana Inn (from $119 a night). After walking the coarse sandy shore, order craft IPAs (or a local pinot noir, if that's more your speed) at Pelican Brewing Company. For panoramic Pacific views, hike the trails at Ecola State Park, which hugs nine miles of coastline between Cannon Beach and Seaside. Stop at Public Coast Brewing Co. for freshly caught fish and chips, house-made root beer, and the best onion rings on the coast (and arguably the planet).

OPENING SPREAD, FROM LEFT: GETTY IMAGES; ADAM NIXON/STOCKY. OPPOSITE PAGE: RAYMOND FORBES LLC/STOCKSY. THIS PAGE: GETTY IMAGES; COURTESY OF PELICAN BREWING COMPANY

Lanai

See Hawaii's sandy splendor
from a rarefied perch.



Hawaii's most exclusive island is a 30-minute flight from Maui, but it feels worlds away. If you're fully committed to the bucket list thing, splurge on a night or two at the Four Seasons Resort Lanai (from $1,200 a night), set on a bluff overlooking Hulopoe Bay. Servers at the lava-rock-inspired pools regularly stop by with ice pops and fruit kebabs, and the flagship Nobu restaurant serves mind-bendingly fresh sushi. Don't want to remortgage the house? Take the hour-long ferry from Maui for a day trip. Hang out at the crescent-shaped Hulopoe Beach Park or see *allll* the landscapes—forests, fields, cliffs—from a guided Jeep tour before hopping the ferry back.



Hatteras Island

Time stands still on the southern tip of North Carolina's barrier islands.





The perfect beach day could very well be spent on Cape Hatteras National Seashore: Imagine your beach chair sunk deep in the sand, beers still chilled in the cooler. That's summer on the 70-mile protected coast of North Carolina's Outer Banks. Near its secluded southern tip lies Hatteras Island, about 3½ miles at its widest point, where dune-speckled beaches are uncrowded and life is less hurried than it is "up north."

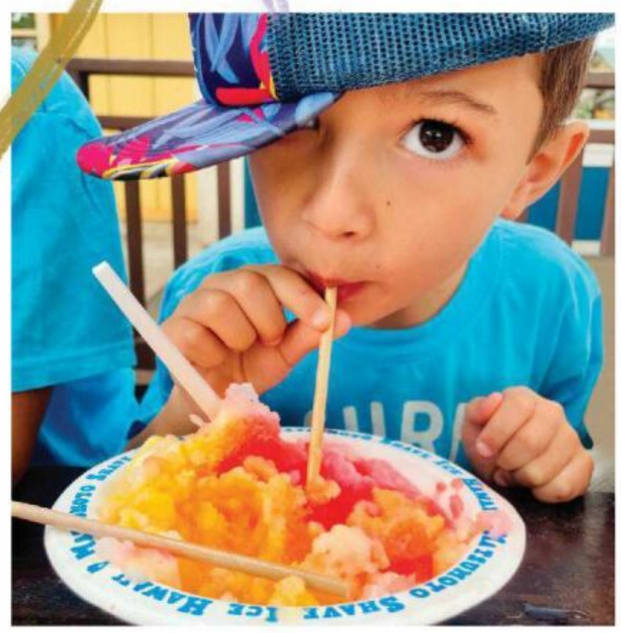
The vacation-house rental market is your best bet. Homes with plenty of bedrooms and bathrooms are delightfully common, so go splitsies with your favorite extended-family members. Stroll down Avon Pier to spot fishers surf casting for bluefish and mackerel. Head to Bros Sandwich Shack for Broast Beef sandwiches (sliced steak topped with Swiss cheese, lettuce, tomato, onion, and homemade pickles) before unloading the car at Old Lighthouse Beach. Spend the afternoon catching swells (Endless Summer Surf OBX has lessons for novices and experts alike), strolling the windswept shore, and indulging in a seafood boil (seasoned shrimp, sausage, potatoes, corn, and onions), delivered directly to the beach by Outer Banks Boil Company.

SEA ISLAND

Settle in on this otherworldly south Georgia island.

Part of the Golden Isles of coastal Georgia, Sea Island is a privately owned resort and residential community. Request a room in the Garden Wing at the Cloister at Sea Island (from $899 a night). Pricey? You bet. But a visit to this mystical barrier island is worth saving up for. Spend your days exploring the low country on horseback, kayaking the salt marshes, or sailing the open ocean. Book a golf lesson and you may bump into PGA players Matt Kuchar and Zach Johnson, said to frequent area courses. Save an evening to take in the sunset—complete with bagpiper—at the Lodge, followed by filet mignon at Colt & Alison. Or stay at the nearby Inn at Sea Island (from $166 a night) and explore more than 20 miles of paved biking trails.

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NORTH SHORE

Epic waves, roadside eats, chill vibes—this is quintessential Hawaii.

Drive an hour north of Honolulu to Oahu's rural North Shore, a relaxed region awash in Aloha Spirit (which is the name of an actual state law—that's how seriously they take good feelings). Stay at the recently renovated Turtle Bay Resort (from $679 a night), set on 1,300 acres that include two golf courses, hiking trails, and miles of pristine beaches. During winter, watch pro surfers compete on 30-plus-foot swells off Ehukai Beach Park. When the water's calm, ride your own (much smaller) waves at Waimea Bay Beach Park, where snorkeling and rock jumping are also go-tos. Cruise Kamehameha Highway to sample poke bowls at Pupukea Grill, burritos at Surf N Salsa, and frozen treats at Matsumoto's Shave Ice. Cap the trip on the 1½-mile, hibiscus-lined Waimea Valley Trail.



Saugatuck

Slow your roll and embrace the small-town feel of lakeside Michigan.

Nestled on the eastern shore of Lake Michigan, this tiny hamlet draws a mix of locals, Michiganders, and Chicagoans during high summer. Book a lake-view room at the family-owned Lake Shore Resort (from $225 a night) or grab one of 11 guest rooms at the Wickwood Inn (from $349 a night), a newly refreshed space that serves daily seasonal bites, like mouthwatering sticky buns and pistachio sausages. Spend a morning browsing dozens of galleries, including that of celebrated local landscape artist James Brandess. In the afternoons, Oval Beach is where it's at. Settle in on the soft sand and soak in the crystalline water before going on a tour of towering sand dunes and woodland areas with Saugatuck Dune Rides. Get a table at Bowdie's Chophouse for a porterhouse steak or Faroe Island salmon. Rise early to hike miles of coastal trails in Saugatuck Dunes State Park, and you'll really earn that seven-flight tasting at nearby Fenn Valley Vineyards.



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Miami Beach

Leave the kids at home and be seduced by the Magic City's sex appeal.



Miami Beach is that gem of a place you visit once, then fall in love with and return to year after year. Pony up for the Setai (from $775 a night), a haven of tranquility in bustling South Beach, with Asian-meets–art-deco decor and a luxe spa. Or check in at the darling Betsy Hotel South Beach (from $335 a night), across the street from the beach. If you need a break from squinting at the Pantone-chip blue where the Atlantic meets the Caribbean, take a 20-minute drive to the design district to shop, peep some art at Superblue Miami, and Instagram with abandon at the Wynwood Walls murals. When the wild night calls, start with fruity cocktails at Broken Shaker, followed by pasta at Casa Tua or seafood at Sexy Fish Miami. Late-night hours are best spent sipping martinis at speakeasy-style Mezcalista in South Beach. Just don't sleep through a multicourse Asian-fusion brunch at rooftop lounge Mila.

Quick-Pickled Veggies

Zucchini Tzatziki Slaw

Sesame-Ginger Potato Salad

Scene-Stealing Sides

What are you bringing to the cookout? How about a fan favorite with a flavor-packed twist.

BY **Lizzy Briskin**

PHOTOGRAPHS BY **Greg DuPree**

FOOD STYLING BY **Chelsea Zimmer**

PROP STYLING BY **Carla Gonzalez-Hart**

Sesame-Ginger Potato Salad

This gets a burst of flavor from fresh ginger and zesty lime. No one will miss the mayo!

Sesame-Ginger Potato Salad

ACTIVE TIME **30 MINUTES**
TOTAL TIME **1 HOUR, 5 MINUTES**
SERVES **8**

- 3 lb. red baby new potatoes
- ¼ cup lower-sodium soy sauce
- ¼ cup fresh lime juice (from 3 or 4 limes)
- 2 Tbsp. minced fresh ginger (from a 2-in. piece)
- 1 Tbsp. plus 1 tsp. toasted sesame oil
- 1 Tbsp. plus 1 tsp. honey
- 1 Tbsp. plus 1 tsp. fish sauce
- 2 tsp. Asian chili-garlic sauce, such as sambal oelek (optional)
- 1 tsp. kosher salt, plus more for cooking potatoes
- 4 cups shredded red cabbage (from 1 head)
- ¾ cup chopped fresh cilantro, plus more for serving
- 4 scallions, thinly sliced (about ½ cup), plus more for serving
- 3 Tbsp. toasted white and/or black sesame seeds

PLACE potatoes in a large pot and cover with cold, salted water. Bring to a simmer over medium-high. Reduce heat to low; simmer until fork-tender, 10 to 12 minutes (avoid overcooking). Drain and rinse under cold water. Let cool in colander for 10 minutes. Slice potatoes in half, or quarter if large.

MEANWHILE, whisk soy sauce, lime juice, ginger, sesame oil, honey, fish sauce, chili-garlic sauce (if using), and salt in a large bowl.

TOSS potatoes, cabbage, cilantro, and scallions with dressing in bowl. Cover and refrigerate until chilled, at least 30 minutes and up to 12 hours. Sprinkle with sesame seeds and top with more cilantro and scallions.



Sweet & Tangy Baked Beans

ACTIVE TIME **25 MINUTES** TOTAL TIME **1 HOUR** SERVES **4**

- 5 slices bacon
- 1 yellow onion, chopped (about 2 cups)
- 1 tsp. kosher salt
- ½ tsp. crushed red pepper (optional)
- ¼ tsp. freshly ground black pepper
- 3 15.5-oz. cans pinto beans, rinsed and drained
- 1½ cups barbecue sauce
- 1½ cups ½-in. chunks fresh pineapple (about 10 oz.)
- 1½ Tbsp. whole-grain mustard
- 1½ Tbsp. light brown sugar
- 1 Tbsp. apple cider vinegar
- ¼ cup loosely packed fresh cilantro leaves, finely chopped

PREHEAT oven to 350°F. Heat a large ovenproof skillet over medium. Add bacon; cook until crisp, about 4 minutes per side. Transfer to a towel-lined plate. Let cool, then coarsely chop.

DRAIN bacon drippings, reserving 2 tablespoons in skillet. Add onion to skillet; cook over medium, stirring often, until softened, about 5 minutes. Add salt, crushed red pepper (if using), and black pepper. Cook, stirring constantly, for 1 minute. Stir in chopped bacon, beans, barbecue sauce, pineapple, mustard, and sugar.

COVER skillet with a lid or aluminum foil. Bake until thickened and bubbly, about 30 minutes. Stir in vinegar. Let cool for 5 to 10 minutes. Sprinkle with cilantro.



Shredded zucchini and dill, plus creamy yogurt, upgrade your standard slaw.

Zucchini Tzatziki Slaw

ACTIVE TIME **25 MINUTES** TOTAL TIME **25 MINUTES** SERVES **4**

- 3 large zucchini (about 2 lb. total), shredded on largest holes of a box grater
- 2 tsp. kosher salt, divided
- 1 cup loosely packed fresh dill fronds, chopped, plus more for serving
- ¾ cup plain whole-milk strained (Greek-style) yogurt
- ½ cup sour cream
- 3 Tbsp. fresh lemon juice (from 2 lemons)
- 2 tsp. honey
- ½ tsp. freshly ground black pepper
- 1 clove garlic, finely chopped (about 1 tsp.)
- 4 cups shredded cabbage (from 1 head)
- ½ cup toasted pumpkin seeds (pepitas)

PLACE zucchini in a colander lined with a clean dish towel. Sprinkle with 1 teaspoon salt and toss to combine. Wrap towel around zucchini and press gently. Let zucchini drain for 15 minutes. Squeeze again to remove excess moisture.

MEANWHILE, stir together dill, yogurt, sour cream, lemon juice, honey, pepper, garlic, and remaining 1 teaspoon salt in a large bowl.

ADD zucchini and cabbage to yogurt mixture; gently stir to combine. Top with pepitas and more dill.

Draining the zucchini makes the dressing thick and creamy, not watery.

Make your own or pick some up from the supermarket bakery.

Cornbread Panzanella

ACTIVE TIME **30 MINUTES**
TOTAL TIME **60 MINUTES**
SERVES **4**

- 3 cups cubed (¾-in. pieces) day-old cornbread (8 oz.)
- 3 Tbsp. olive oil, divided
- 2 tsp. kosher salt, divided
- 1 lb. cherry tomatoes, halved
- 2 medium tomatoes, chopped (about 2½ cups)
- 1 clove garlic, finely chopped (about 1 tsp.)
- 1 Tbsp. red wine vinegar
- ½ tsp. freshly ground black pepper, plus more for serving
- 1 8-oz. pkg. ciliegine (small mozzarella balls), drained
- 1 medium English cucumber, chopped (about 2 cups)
- ¾ cup chopped red onion
- ½ cup fresh basil leaves, thinly sliced, plus more for serving
- 1 avocado, chopped

PREHEAT oven to 350°F. Place cornbread on a baking sheet. Toss with 1 tablespoon oil and ½ teaspoon salt. Bake until golden, 10 to 15 minutes.

MEANWHILE, place tomatoes in a colander set over a large bowl. Sprinkle with 1 teaspoon salt and toss to combine. Let drain for 15 to 20 minutes.

WHISK garlic, vinegar, pepper, and remaining ½ teaspoon salt into tomato juice in bowl. Whisk in remaining 2 tablespoons oil.

ADD tomatoes, mozzarella, cucumber, onion, and basil to dressing, tossing to combine. Cover and refrigerate for at least 30 minutes and up to 4 hours. Before serving, gently fold in cornbread and avocado. Top with more basil and pepper.



Cornbread Panzanella

Golden cornbread croutons add just the right note of sweetness to a summer classic.


Green Goddess Pasta Salad
A handful of crushed pita chips gives this herby, veggie-loaded side dish the perfect amount of crunch.

Green Goddess Pasta Salad

ACTIVE TIME **35 MINUTES**
TOTAL TIME **35 MINUTES**
SERVES **8**

- 12 oz. fusilli or other short pasta
- 3 cups bite-size broccoli florets (6 to 7 oz.)
- 5 cups loosely packed fresh tender herbs (from about 3 bunches), such as parsley, dill, basil, and tarragon
- ½ cup chopped chives
- ½ cup sour cream
- 3 Tbsp. mayonnaise
- 3 Tbsp. fresh lemon juice (from 2 lemons)
- 1 ½ tsp. kosher salt, plus more for cooking pasta
- ½ tsp. freshly ground black pepper
- 4 oil-packed whole anchovies
- 2 cloves garlic, chopped (2 tsp.)
- 1 15.5-oz. can quartered artichoke hearts, drained and chopped
- 1 cup crushed pita chips
- ½ cup crumbled feta (optional)

BRING a large pot of generously salted water to a boil over high. Add pasta; cook according to package directions, adding broccoli during last 2 minutes. Drain, then let cool on a baking sheet for 10 minutes. Transfer to a large bowl.

MEANWHILE, process herbs, chives, sour cream, mayonnaise, lemon juice, salt, pepper, anchovies, and garlic in a blender or food processor until smooth, about 30 seconds.

TOSS pasta with herb dressing and artichoke hearts. Top with crushed pita chips and feta, if using.

TO MAKE AHEAD: Refrigerate salad without chips and feta for up to 8 hours. Bring to room temperature for 30 minutes. Top with chips and feta before serving.



A quick, all-purpose brine turns your favorite summer veggies into pickles in a few hours.

IN A PICKLE

Colorful pickles add punch to any meal, and they're a snap to make.

START BY PACKING chopped fresh veggies, such as green beans, carrots, cucumbers, asparagus, and onions, into clean glass jars with airtight lids. Toss in herbs, like dill, tarragon, and rosemary; whole spices, such as peppercorns and cumin seeds; and garlic, if you like. Leave at least ½ inch of space at the top.

IN A SMALL POT over high, stir 1 tablespoon kosher salt into ¾ cup each water and vinegar until salt is fully dissolved. White, red, or apple cider vinegar will do the trick—just avoid balsamic.

POUR THE BRINE over the veggies, making sure they're fully submerged. Seal the jars tightly, then let cool to room temperature before refrigerating. Serve the pickles as soon as they're cold (about 2 hours in the fridge), or wait up to 4 days for even better flavor. Enjoy the pickles within a month.

Over-the-Top Toppings

Try one of these creative combos on your burgers, hot dogs, or even plant-based dogs (such as Field Roast).

Guacamole + charred corn kernels

Chopped pineapple + pickled jalapeños

Crumbled blue cheese + diced cornichons

Caramelized onions + sour cream + chives

Baked beans + crushed potato chips

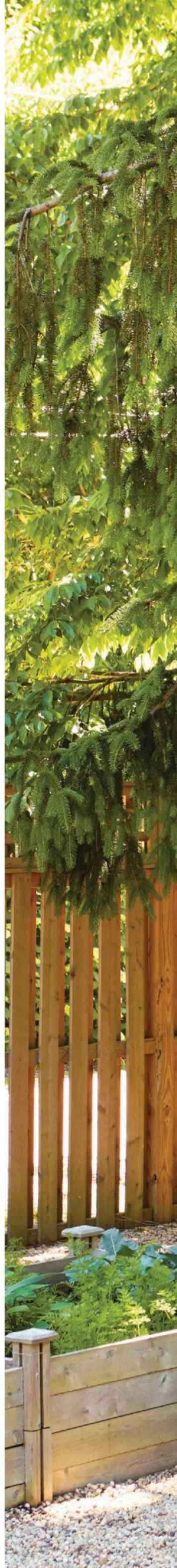
Feta + olives + diced tomatoes + cucumbers

your happy place

A NEW BOOK SHOWS YOU HOW TO PLAN—AND WHAT TO PLANT—SO YOUR BACKYARD IS THE MOST RELAXING SPOT (NOT) IN THE HOUSE.



Have you been thinking of your yard as a big empty plot of blank space (and perhaps an outgrown swing set)? Landscape designers Mel Brasier, Garrett Magee, and James DeSantis of Bravo's *Backyard Envy* want to fix that. In their book, *Take It Outside,* they encourage you to look at your yard as a floor plan without walls. Divide it into rooms, or "zones," as they call them, that suit your specific needs—whether you want to chill, gather and eat, cook, garden, or play. We pulled some of their best tips for creating inviting, personalized, and soulful zones for whatever you're up to out there.



Photographs by Dane Tashima



1 Room to Chill

CREATE A PLACE TO KICK BACK AND RELAX.

Choose a spot where you'll want to spend the most time—think great views, good shade, or cool breezes.

Start with a seating plan, working from the biggest items (sofas, chairs) to the smallest (ottomans, floor pillows).

Fill out this zone with multifunctional pieces, like lightweight side tables and coffee tables that can be used for snacks or extra seating.



2

Room to Dine

MAKE ENTERTAINING EASY.

Find transitional furniture. Think of your table as your nicest pair of jeans—you can always dress it up or down.

Position the table with aesthetics *and* accessibility in mind. You want to put it in a pretty spot that's also close to food prep.

If you're working with a rectangular area, choose a rectangular table to maximize seating around it. Oval and round tables work better in square or oddly shaped areas.

3

Room to Cook

A GRILL DESERVES ITS OWN ZONE.

Make your cooking zone close to the gathering spot for seamless entertaining. Or even think of them as one big zone, like an eat-in kitchen.

Think durability: Go with nonporous stone, like granite and quartzite, for wet and cold climates.

Add cabinets and vertical storage for tools and utensils, so you can spend more time cooking, less time running inside for something you forgot.



PHOTOGRAPHS COPYRIGHT © 2021 BY DANE TASHIMA



Prioritize needs over wants. Do the kids need space to play? **Will you be serving dinners outdoors?** Make sure your design fits these requirements.



4

Room to Garden

GIVE PLANTS A LITTLE BREATHING SPACE.

Plant in layers—mix containers, raised beds, and big ol' plots of soil.

Choose flowers and shrubs that have good height, texture, color, and draping. Aggregating plants with three of these characteristics in common creates a nice-looking vignette.

Add a spot for gardening tools and equipment, like a freestanding shed or chest.

5

Room to Play

DESIGNATE FREE SPACE FOR YOUR FREE TIME.

Use "dead spaces" (oddly shaped or slightly out-of-the-way areas) to create this zone—all you need is a place for a picnic blanket.

Aim for child-friendly elements that will adapt with kids as they grow. Instead of a full swing set, try a rope swing. Instead of a sandbox, give them their own little veggie patch!

Play zones aren't just for kids: A simple raised platform can create the perfect workout area.



LEFT TO RIGHT: Garrett Magee, Mel Brasier, and James DeSantis of Manscapers, an exterior design and landscaping company in Los Angeles and Brooklyn, New York.



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FOOD



IN SEASON

Beautiful Basil

Whether sweet, Thai, or purple, basil is a versatile summer staple. Here's how to make the most of it.

SHOP for full bunches with firm stems. Bonus if the root is attached; the basil will last extra long!

STORE at room temp in a glass of water, loosely covered with a plastic bag, for up to a week. Refresh the water every couple of days.

MAKE pesto in a food processor or blender to dress pasta, pizza, and sandwiches. Muddle leaves with lime and gin for a cocktail. Or roll several together and slice into ribbons to top any dish that needs an herby pop—even desserts, like tarts and crisps.

—Lizzy Briskin

FOOD STYLING BY ALI RAMEE; PROP STYLING BY CHRISTINE KEELY

Photograph by Greg DuPree

5 Easy Dinners

#1 / Herby Peanut Noodles

ACTIVE TIME **20 MINUTES** TOTAL TIME **20 MINUTES** SERVES **4**

✓Quick Cooking ✓Vegan ✓Gluten-Free ✓Family Friendly

- ½ cup creamy peanut butter
- ¼ cup soy sauce or tamari
- 3 Tbsp. rice vinegar
- 1 Tbsp. toasted sesame oil
- 1 clove garlic, grated
- 1 16-oz. pkg. rice linguine noodles
- 1 cup chopped mixed fresh herbs, such as chives, mint, basil, and cilantro
- ⅓ cup chopped roasted, salted peanuts
- Chili crisp, for serving (optional)

WHISK peanut butter, soy sauce, vinegar, oil, and garlic in a large bowl until combined. Whisk in ¼ cup water (mixture should be pourable).

BRING a large pot of water to a boil over high. Add noodles; cook, stirring often, until al dente, about 6 minutes. Drain and rinse with cold water until cool; drain well.

ADD noodles to peanut butter mixture, tossing gently to combine. Top with herbs, peanuts, and chili crisp, if using.

PER SERVING: 695 Calories, 27g Fat (5g Saturated), 0mg Cholesterol, 5g Fiber, 17g Protein, 101g Carbs, 901mg Sodium, 4g Sugar



FOOD STYLING BY ALI RAMEE; PROP STYLING BY CHRISTINE KEELY

#2 / Steak with Roasted Red Pepper Sauce

ACTIVE TIME **40 MINUTES**
TOTAL TIME **40 MINUTES** SERVES **4**

✓Gluten-Free

- 1 lb. baby gold potatoes, halved
- 5 Tbsp. olive oil, divided
- 1¾ tsp. kosher salt, divided
- 1 tsp. freshly ground black pepper, divided
- 1 12-oz. jar roasted red bell peppers, drained
- 1 clove garlic
- 1½ Tbsp. white wine vinegar
- ½ tsp. smoked paprika
- 1½ lb. hanger steak (½ in. thick)
- 1 lb. green beans, trimmed
- Flaky sea salt, for serving

PREHEAT oven to 425°F. Toss potatoes with 1 tablespoon oil and ¼ teaspoon each kosher salt and black pepper on a large rimmed baking sheet. Roast, stirring occasionally, until tender and golden brown, 25 to 30 minutes.

MEANWHILE, process bell peppers, garlic, vinegar, paprika, 2 tablespoons oil, and ¼ teaspoon kosher salt in a blender until smooth, about 1 minute.

SEASON steak with 1 teaspoon kosher salt and ½ teaspoon black pepper. Heat 1 tablespoon oil in a large, heavy skillet over medium-high. Add steak; cook, undisturbed, until browned, about 3 minutes. Flip; cook, turning occasionally, until well browned and a thermometer inserted in thickest part registers 130°F for medium-rare, 7 to 11 minutes, or until desired doneness. Remove from skillet and let rest for 10 minutes.

HEAT remaining 1 tablespoon oil in skillet over medium-high. Add beans and remaining ¼ teaspoon each kosher salt and black pepper. Cook, stirring, until beans are bright green, charred, and crisp-tender, about 8 minutes.

SLICE steak against the grain into ½-inch-thick pieces. Serve with bell pepper sauce, beans, and potatoes. Sprinkle steak with flaky sea salt.

PER SERVING: 506 Calories, 27g Fat (6g Saturated), 102mg Cholesterol, 5g Fiber, 38g Protein, 29g Carbs, 1,124mg Sodium, 8g Sugar

Recipes by Anna Theoktisto
Photographs by Greg DuPree

#3 / Grilled Chicken with Blueberry-Peach Salsa

ACTIVE TIME **40 MINUTES** TOTAL TIME **40 MINUTES** SERVES **4**

✓Family Friendly

- 1½ cups pearled or semipearled farro
- 1¾ tsp. kosher salt, divided
- 1 Tbsp. chili powder
- 1 Tbsp. light brown sugar
- 2 Tbsp. olive oil, divided, plus more for grill grates
- 2 tsp. lime zest plus ¼ cup fresh juice (from 3 limes), divided
- 2 lb. boneless, skinless chicken thighs
- 1 cup fresh blueberries (6 oz.)
- 1 cup chopped fresh peach (from 1 large peach)
- ½ cup chopped red onion
- ¼ cup finely chopped fresh cilantro

BRING 4 cups water to a boil in a medium saucepan. Stir in farro and ¼ teaspoon salt. Reduce heat to medium; simmer, stirring occasionally, until farro is tender, 20 to 25 minutes. Drain.

MEANWHILE, stir together chili powder, sugar, 1 teaspoon salt, 1 tablespoon oil, 1 teaspoon lime zest, and 2 tablespoons lime juice in a large bowl. Add chicken and toss to coat.

STIR together blueberries, peach, onion, cilantro, and remaining ½ teaspoon salt, 1 tablespoon oil, 1 teaspoon lime zest, and 2 tablespoons lime juice in a bowl.

OIL grates and preheat grill to high (450°F to 500°F). Grill chicken, covered, until browned and a thermometer inserted in thickest part registers 165°F, about 5 minutes per side. Serve chicken over farro, topped with salsa.

PER SERVING: 649 Calories, 19g Fat (5g Saturated), 213mg Cholesterol, 9g Fiber, 56g Protein, 67g Carbs, 1,118mg Sodium, 10g Sugar (2g Added)

#4 / Zucchini and Dill Frittata

ACTIVE TIME **20 MINUTES** TOTAL TIME **45 MINUTES** SERVES **4**

✓Freezable ✓Make Ahead ✓Vegetarian ✓Gluten-Free

- 5 Tbsp. olive oil, divided
- 3 cloves garlic, thinly sliced
- 1 medium zucchini, thinly sliced (2½ cups)
- 8 large eggs
- ⅔ cup half-and-half
- ⅓ cup chopped fresh dill
- 1¼ tsp. kosher salt, divided
- ¼ tsp. freshly ground black pepper, divided
- ⅓ cup whole-milk ricotta cheese
- 2 Tbsp. white wine vinegar
- 4 cups chopped red and/or green leaf lettuce
- ½ cup halved grape tomatoes

PREHEAT oven to 350°F. Heat 2 tablespoons oil in a 10-inch oven-proof nonstick skillet over medium. Add garlic; cook, stirring constantly, until fragrant, about 30 seconds. Add zucchini; cook, stirring often, until zucchini is just soft, about 4 minutes.

MEANWHILE, whisk eggs, half-and-half, dill, 1 teaspoon salt, and ⅛ teaspoon pepper in a large bowl.

POUR egg mixture into zucchini mixture in skillet, stirring gently to combine. Cook over medium-high, stirring gently, until edges are just set, about 2 minutes. Dollop ricotta on top.

BAKE until center is set, 15 to 20 minutes. Let frittata cool in skillet for 10 minutes.

WHISK vinegar and remaining 3 tablespoons oil, ¼ teaspoon salt, and ⅛ teaspoon pepper in a large bowl until combined. Add lettuce and tomatoes, tossing gently to coat. Serve salad with frittata.

PER SERVING: 412 Calories, 34 Fat (10 Saturated), 397mg Cholesterol, 2g Fiber, 18g Protein, 8g Carbs, 793mg Sodium, 6g Sugar





#5 / Shrimp and Chorizo Skillet Supper

ACTIVE TIME **30 MINUTES**
TOTAL TIME **30 MINUTES** SERVES **4**

✓Quick Cooking ✓One Pot ✓Gluten-Free

- 3 Tbsp. olive oil, divided
- 4 oz. dry-cured Spanish chorizo, chopped (about ¾ cup)
- 1 shallot, finely chopped (about ⅓ cup)
- 1 lb. cherry tomatoes (about 3 cups)
- 1 14-oz. can chickpeas, drained and rinsed
- ½ cup dry white wine, or ½ cup chicken broth plus 1 Tbsp. fresh lemon juice
- 1 tsp. kosher salt
- 1 lb. extra-large peeled and cleaned raw shrimp
- 4 cups packed baby arugula
- 2 Tbsp. fresh lemon juice (from 1 lemon)

HEAT 2 tablespoons oil in a large, high-sided skillet over medium. Add chorizo; cook, stirring often, until beginning to brown and crisp, about 4 minutes. Add shallot; cook, stirring constantly, until fragrant, about 1 minute.

STIR in tomatoes, chickpeas, wine, and salt; bring to a simmer over medium-high. Partially cover and cook, stirring often, until tomatoes begin to break down, 6 to 8 minutes. Uncover; gently mash tomatoes with a wooden spoon.

ADD shrimp to skillet and cook over medium, stirring often, until cooked through and pink, 3 to 4 minutes.

MEANWHILE, toss together arugula, lemon juice, and remaining 1 tablespoon oil in a medium bowl. Serve topped with shrimp mixture.

PER SERVING: 464 Calories, 21g Fat (4g Saturated), 143mg Cholesterol, 9g Fiber, 30g Protein, 34g Carbs, 878mg Sodium, 10g Sugar

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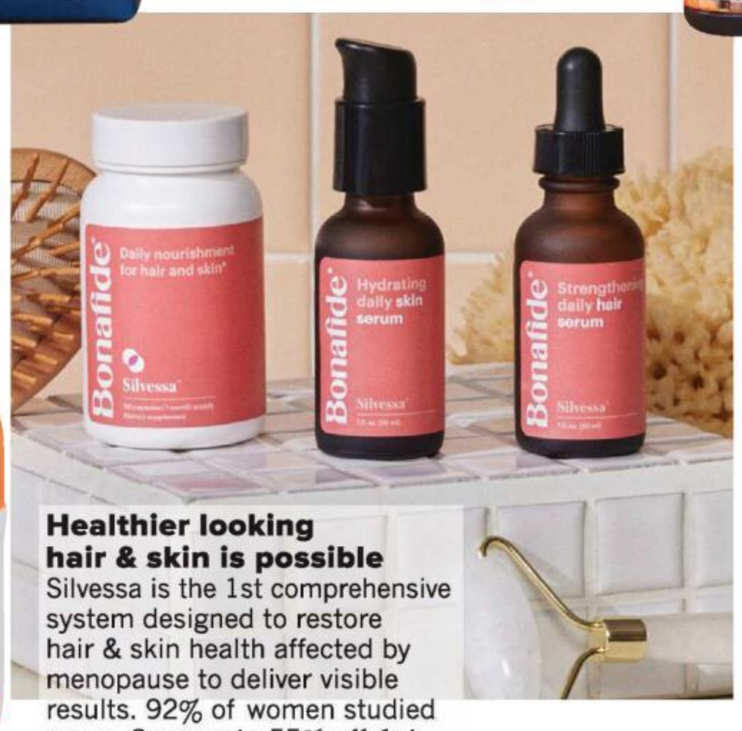


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BETTER FOR YOU

Strawberry-Chia Breakfast Pudding

Sure, it looks (and tastes!) like dessert, but this make-ahead parfait is also a nourishing start to your day.

BY LIZZY BRISKIN

Photographs by Greg DuPree



FOOD STYLING BY ALI RAMEE; PROP STYLING BY CHRISTINE KEE

ACTIVE TIME **15 MINUTES**
TOTAL TIME **4 HOURS, 15 MINUTES (INCLUDES 4 HOURS CHILLING)**
SERVES **4**

- ½ cup chia seeds
- ⅛ tsp. kosher salt
- ½ cup plain whole-milk yogurt or unsweetened coconut yogurt
- 1 tsp. pure vanilla extract
- 2 cups whole milk or coconut milk
- 1 lb. fresh strawberries, hulled and thinly sliced (4 cups), plus more for serving
- 3 Tbsp. granulated sugar
- ½ cup granola

COMBINE chia seeds and salt in a medium bowl. Whisk in yogurt and vanilla. Slowly pour in milk, whisking constantly. Continue to whisk for 1 minute to break up any clumps. Cover and refrigerate for at least 4 hours and up to overnight.

GENTLY toss strawberries with sugar in a bowl. Cover and refrigerate for at least 1 hour and up to overnight.

TO SERVE, divide strawberry mixture between 4 glasses or bowls, using a slotted spoon. Top with chia pudding, 2 tablespoons granola each, and more sliced strawberries.



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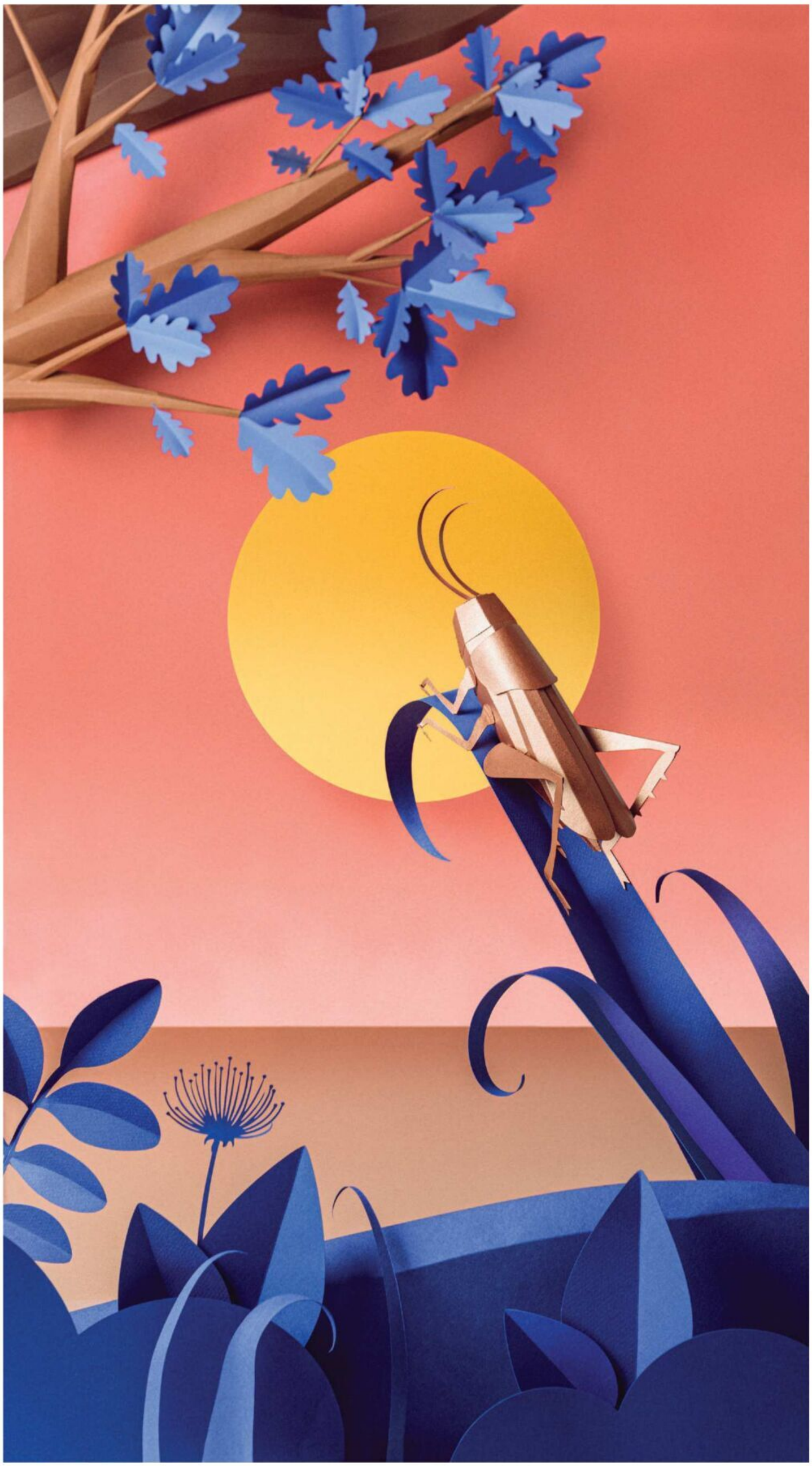
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WHO KNEW?

Nature's Clues

A few old-school ways to take a hint from Mother Earth

THE SUN CLOCK

OK, we all know we can track the day by the sun's journey from east to west. But there's a cool trick to get a rough estimate for sunset. Hold out your palm with your pinkie running along the western horizon. Stack your hands until you hit the bottom of the sun; each finger (skip the thumb) represents 15 minutes of remaining daylight. So if you stack your hands three times, you've got about three hours of light left—if it's only three fingers, you have 45 minutes.

THE CRICKET THERMOMETER

When evening comes, listen for the rhythmic sound of crickets. The warmer it is, the faster their muscles move, and the more they chirp. Count those chirps for 14 seconds, then add 40 to get a ballpark estimate of the temp in degrees Fahrenheit.

THE TREE COMPASS

Branches are most abundant on the part of the tree that gets the most light—in the northern hemisphere, that's typically the south side. And while northern branches generally grow upward, southern ones often extend horizontally, like outstretched arms pointing toward the tropics.

THE NOSE BAROMETER

If you catch a whiff of a chlorinelike smell and you're nowhere near a pool, it could be ozone—a pungent molecule that can travel downwind ahead of a thunderstorm. Consider it your cue to head inside!

—Jenny Brown

Paper Craft Photograph by María Laura Benavente

CHICKEN WITH CHEESE & VEGETABLES

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